**Everyone can get cranky like Cat sometimes. Figuring out what makes us cranky, and what we can do to feel better, helps us to stay kind during cranky moments! Ask your parent for help if you don’t know what makes you cranky.**

**These things can make me CRANKY (circle):**

I’m hungry I’m tired I’m sick

 Someone annoyed me I didn’t get my way I haven’t gotten exercise today

I messed up/made a mistake I got hurt I miss my mom or dad

**Here are the tools in my CRANKY toolbox (circle):**

Count to 10 to calm down Take a break Walk away

Practice mindfulness Listen to music Ask for help Get a drink

 Take a deep breath Say something kind Take a walk/go outside



**Write your favorite coping strategy in the toolbox! ☺**