

# HOW TO FEEL BETTER FAST - BY YOURSELF [FOR KIDS] PART 2

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## Draw or write

Draw a picture of your feelings or your thoughts anytime you want. Or write poetry or keep a private journal. It's good to express your feelings and thoughts. It helps get things out. You can keep these private or share them.



## Think back

Do you remember how you felt when something scary or bad happened in the past? What did you do that made you feel better? Did things get better for awhile? You can ask your parents or friends what they have done.



## Spend some time by yourself

Maybe being alone is more comforting. Big changes often require time for your brain and body to take it all in.



## Hangout with your feelings

Go ahead and feel sad. Your feelings will settle down after awhile, especially as you learn how to take charge of them ... It's okay to feel mad, but it's not okay to hurt yourself or someone else or something because you are mad. It's not ok to do something that will get you in trouble.

Ricci, I (2006). *Mom's house, dad's house for kids*. Simon & Schuster

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