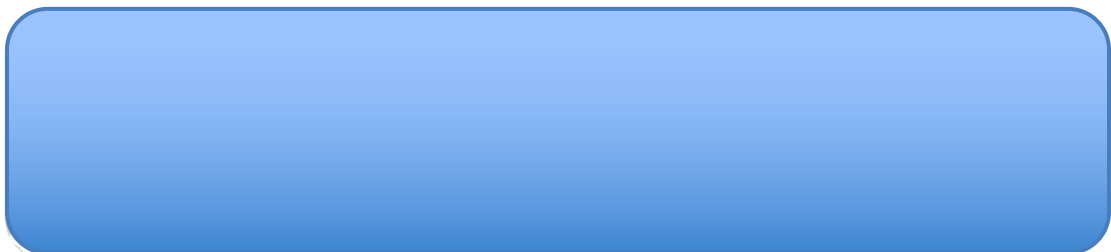


Two Wolves
What is the best choice?

First, how do you feel about what happened?
Write or draw the emotion below.

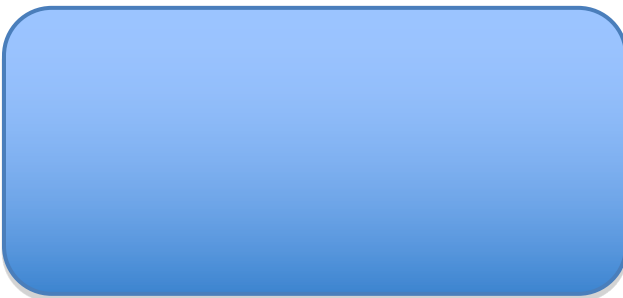


Next, you need to calm your brain so you can make the best decision.
What is a physical way you can release the emotion and calm your brain?
Examples: deep breaths, punch a pillow, jumping jacks, scream out loud, etc
Write or draw the physical activity below.

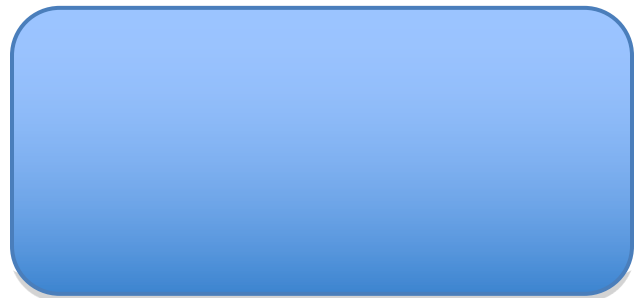


Then, draw or write what each wolf would suggest you do.

Wolf One



Wolf Two



Last, choose or create the best choice you think you should make.
Which wolf are YOU feeding?

Draw or write about your choice, how you solved the situation and how you feel now.

