

How My Body Feels...



My head hurts...

What Can Help Me?



Ice Pack or Cold Rag



Quiet Space



Drink Water

How My Body Feels...



My throat hurts...

What Can Help Me?



Warm Soup



Popsicle or Cold Drink



Honey Lollipop

How My Body Feels...



My tummy hurts... *What Can Help Me?*



Eat a snack



Take deep breaths



Use warm blanket

How My Body Feels...



My ear hurts... *What Can Help Me?*



Warm rag or blanket



Snuggle favorite toy



Rest my body

When I Need More Help...



Tell an adult



Take my medicine



Go to the doctor



Use my calm toys



Take a break



Rest my body

