

GOTR Girls

1. Noun
2. Adjective
3. Verb Base Form
4. Verb Base Form
5. Noun
6. Adjective
7. Noun
8. Adjective
9. Verb Base Form
10. Noun
11. Verb Base Form
12. Noun
13. Noun
14. Noun
15. Noun
16. Adjective
17. Noun
18. Adjective
19. Noun

GOTR Girls

Dear GOTR _____,

I would like to tell you about one way that I deal with _____ emotions.

First, I _____ what I'm doing, no matter what. Even if I'm _____ a _____.

Next, I take three _____ breaths. Breaths as deep as the _____.

After that, I own my feelings. I grab onto those _____ emotions, and recognize how I am feeling.

Then, I pick an activity to reset. I might go _____ my _____, _____ a _____, sit outside and watch the _____, or clean my _____.

For example, when I feel sad, because I miss my _____, I will find a _____ spot and write a _____.

Can you think of a time that you were feeling _____?

Maybe these steps will help you to manage your uncomfortable emotions.

Thanks for being an awesome GOTR _____.