

# 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 \_\_\_\_\_.