



I AM ME



Written by Samantha Shortt



I was wondering...how
should I handle my
emotions?

Sometimes other's
opinions can have too
many suggestions.



I am ME and you are YOU.
We feel the same emotions,
but should we handle them
the same way too?

“When you are excited, you should
hop like a frog, hop, hop, hop.”

“I am not a frog. I am ME.
I stomp, stomp, stomp!”



“When you are feeling blue you
should not cry, cry, cry.”

“I am not blue. I am ME. I sigh,
sigh, sigh!”



not

do

cry



“When you are anxious, you
are just tired. Go to
bed, bed, bed.”

“I am not tired. I am ME.
These thoughts won't leave
my head, head, head.”

to

go

bed



“When you are angry
do what I do and yell, yell,
yell.”

“I am not you. I am ME.
I tell, tell, tell.”



I am ME, I know what I like.
When I am excited, I like to
ride my bike!

What do you like to do when
you are excited?



I am ME, and when I am sad,
I like to journal what makes me
feel so bad.

What do you like to do when
you are sad?



I am ME, and when I am stressed,
I like to draw and take deep
breaths.

What do you like to do when you
are stressed?



I am ME, I don't take anger out on
another person,
Yelling only makes my feelings
worsen.

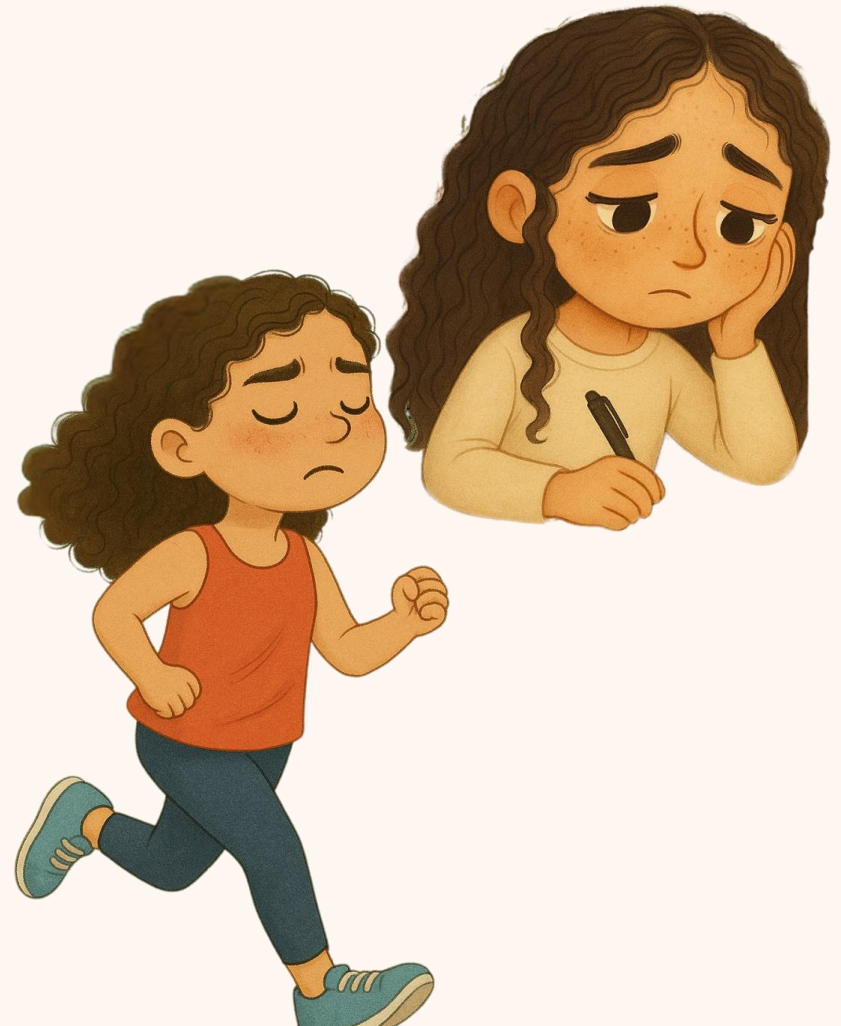
Instead, I like to take space and go for
a run,
We can calmly talk it over when I am
done.

What do you like to do when you are
angry?



When I experience my emotions, I
accept how I feel
Because my emotions are always a big
deal!

Sad, angry, excited, stress
I can handle anything! Put me to the
test!



I can choose how to respond, I am free!
Because everyone handles their emotions
differently.

I am not a frog and I'm not blue
I am ME. I am not you.



YOU ARE YOU! WHAT DO YOU LIKE TO DO?

Sad

Journaling
Listening to music
Going for a walk
Gratitude list

Stress

Hug a stuffed animal
Stretch your body
Practice mindfulness
Rest your body and
mind

Excited

Biking
Dancing
Jumping
Draw or create

Angry

Take deep breaths
Running
Draw or write how you
feel
Find a calm space

ABOUT THE AUTHOR



Samantha Shortt grew up in Carstairs, Alberta and is pursuing the completion of her Bachelor of Education degree at Red Deer Polytechnic. She is passionate about helping every child recognize their worth and making Language Arts and Physical Education engaging and relevant to students.

In collaboration with Dr. Anah-Jayne Samuelson for a RDP, Topics in English: Picturebook course, 'I am ME' was intended for the Move your Mood program. In accordance with this organization, the heartbeat of this project is for every child to embrace their own emotional coping strategies.

