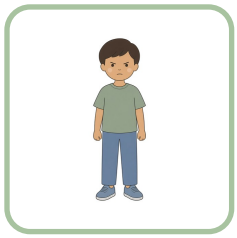
Name: _____

Circle the relieved picture.

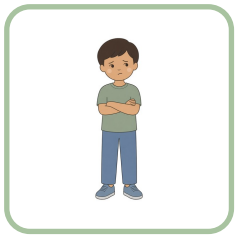
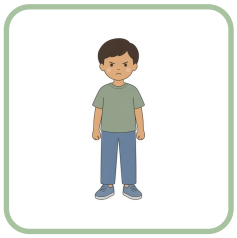
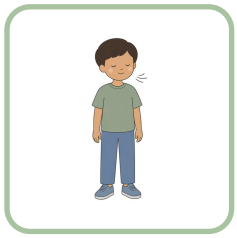
Look at the pictures. Circle relieved.

1

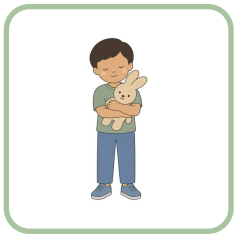
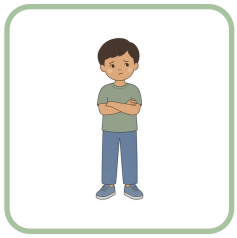




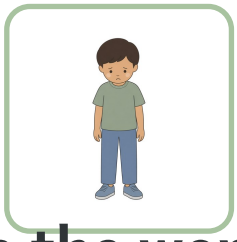
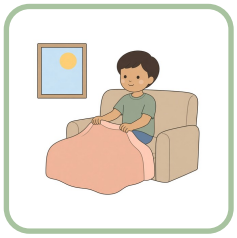
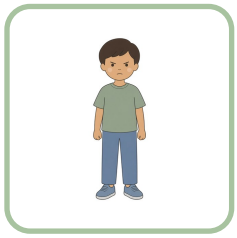
2

3

4

Trace the word.

Trace the word relieved.



relieved
relieved
relieved

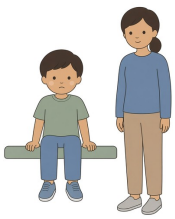
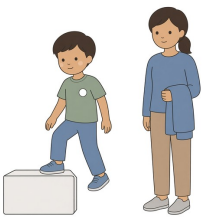
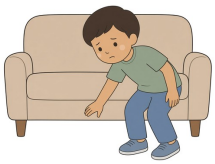
Name: _____

Before and after: cut and glue.

Cut out the pictures. Glue them in the right box.

before	after

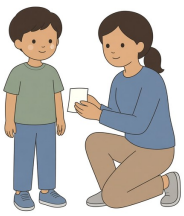
✂ Cut on the dashed lines.


How does relieved look for you?

How does relieved look for you? Circle your ways.






my way

Name: _____

Match the picture to the word.

Draw a line to the matching word.











- happy tears
- it is over
- big breath out
- loose shoulders
- found it

Fill in the word.

Pick a word from the box. Write it in the space.

over · rabbit · rests · sun



1. The visit is _____.



2. Sam finds the _____.



3. Sam _____ on the beanbag.



4. Now the _____ is out.

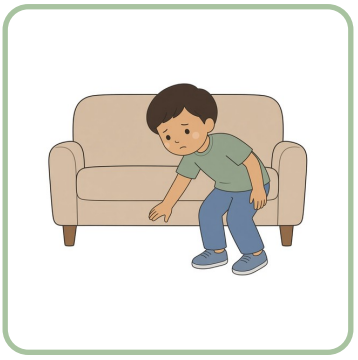
Name: _____

First, next, last.

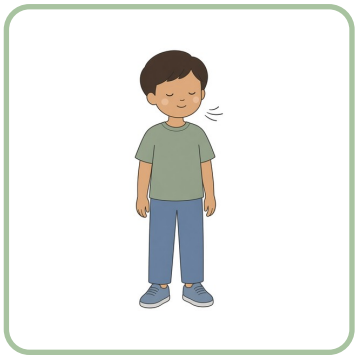
Put the pictures in order. Write 1, 2, 3.



Sam finds the rabbit



Sam looks for the rabbit



Sam breathes out

Thumbs up or thumbs down.

Is it true? Circle thumbs up or thumbs down.

1. Relieved comes after a hard thing.

2. Tears always mean sad.

3. My legs can wobble after.

4. I must be happy right away.

Name: _____

Hard things I got through.

Draw or write three hard things you got through.

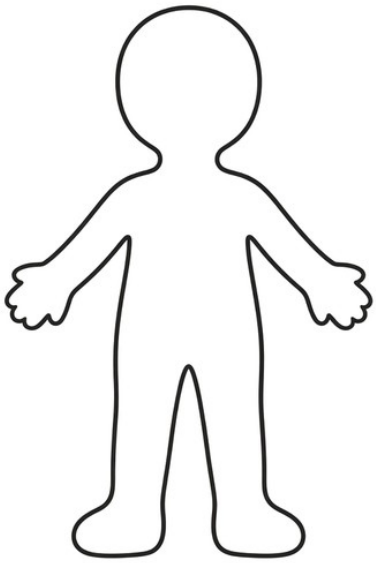
1

2

3

My body and relieved.

Where do you feel relieved in your body? Color it.



- [ ] big breath out
- [ ] loose shoulders
- [ ] soft tummy
- [ ] wobbly legs
- [ ] sleepy
- [ ] happy tears
- [ ] light chest
- [ ] my own way: _____

Name: _____

What could I do?

Read the story. Draw or write what you could do.

1. “The test is over.”

2. “I found my lost toy.”

3. “My legs feel wobbly after a hard thing.”

Today.

Today I felt relieved when...

What was hard before?

Relieved · Answers

For grown-ups

Name: _____

Answers

E1: row 1: sam relieved; row 2: big-sigh; row 3: found-toy; row 4: sun-out
E2-E4: Any careful try counts. Every picture can go in the box. Any answer is right for the child's own ways.
D1: big-sigh = big breath out; loose-shoulders = loose shoulders; doctor-done = it is over; found-toy = found it; relief-tears = happy tears
D2: 1. over; 2. rabbit; 3. rests; 4. sun
D3: 1. Sam looks for the rabbit; 2. Sam finds the rabbit; 3. Sam breathes out
D4: 1. thumbs up (true); 2. thumbs down (not true); 3. thumbs up (true); 4. thumbs down (not true)
A1-A4: The child's own answers are all right. Suggestions:

Tips for grown-ups

- Name relief out loud: "It's over. You did it. Your shoulders look looser."
- After a stressful event, plan low-demand rest time. A child may crash, cry or need movement.
- Crying after something is over is common. It is not a sign the child is upset with you.
- Avoid "See, it wasn't so bad." It was hard for the child.
- Use before/after visuals for doctor, dentist or haircut visits so the child can see when it ends.
- A visual 'finished' sign or timer helps children know a hard thing is over.