**Make Your Own**

**“A Choices”**

**Cue Card**

***Here is the Challenge:***

You will create a cue card sized (1/6 of a Pages Page, 1 of a 6 frame panel in Comic life, 1 of a 6 frame panel in Pic Collage) with 3 – 4 positive choices for handling your feeling of upset.

The poster or Comic should include:

1. A picture or drawing of you feeling happy (you will have to “act”)
2. Images of that reflect the choices (walking, deep breaths, time out, asking for help, etc.)
3. Text that tells us what you’re a choices will be.