

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 _____
Noun,

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

First, I _____
Verb Base Form what I'm doing, no matter what. Even if I'm _____
Verb Base Form a _____
Noun.

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

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

Then, I pick an activity to reset. I might go _____
Verb Base Form my _____
Noun, _____
Verb Base Form a

Noun, sit outside and watch the _____
Noun, or clean my _____
Noun.

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

Noun.

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

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

Thanks for being an awesome GOTR _____
Noun.