



Self-Navigation Map Activity

On a blank piece of paper, map out your feelings and write down/draw specific strategies that could help you navigate those feelings using lines and arrows. For instance, if you are feeling nervous because you have a big test coming up in school, you could write that down or draw a picture that shows you are nervous. Draw lines and arrows that branch out from those feelings. These lines and arrows have strategies (in words or pictures) next to them that could then lead to how you hope to feel. For example, if you're feeling nervous at first, your goal may be to feel calm and relaxed. The starting point of your map should be how you currently feel (in this case it would be nervous). The strategies you use serve as the self-navigation part. The ending point of your map should reflect how you hope to feel after using the strategies. *Ambassadors: consult [Self-Navigation Strategies](#) for ideas. Feel free to add to the list or ask kids if there are any other strategies they can think of/they would want to use. Example of a Self-Navigation map pictured below.*

