



## A “Zigger-Zagger” Journal

Everyone has “zigger-zaggers.” I had a zigger-zagger  
on (date) \_\_\_\_\_ at (time) \_\_\_\_\_.

This zigger-zagger was (check one)

<b>Hardly Anything</b>	<b>A bit of a problem</b>	<b>In the middle</b>	<b>Really bad</b>	<b>The worst one ever!</b>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

The reason for the zigger zagger was

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I knew what to do. I...

- ... took a deep breath
- ... relaxed my body and
- ... made a different choice.

I am learning how to handle my zigger-zaggers!

Signed: \_\_\_\_\_