

# I am feeling...



Happy



Sad



Angry



Tired



Happy



Sad



Angry



Tired

# I am feeling...



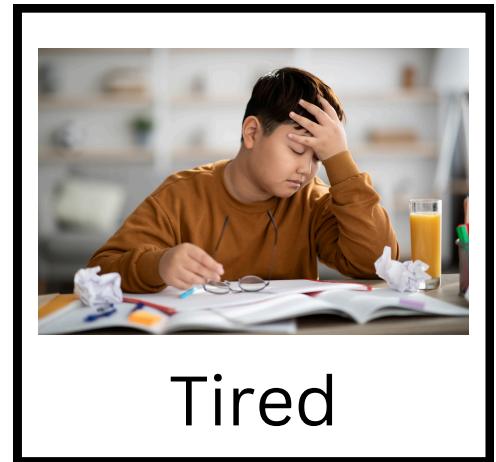
Happy



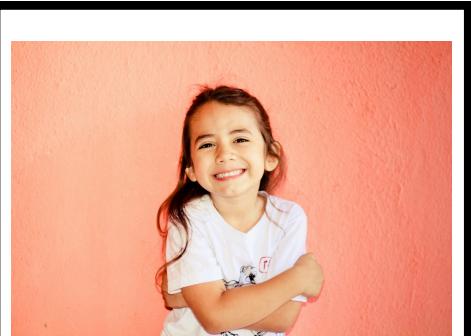
Sad



Angry



Tired



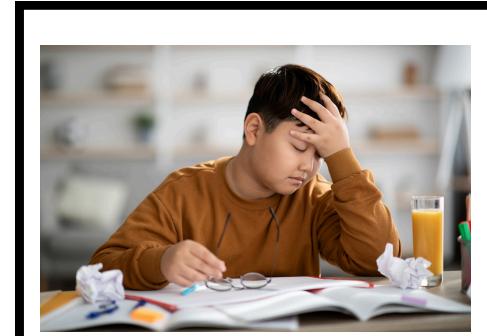
Happy



Sad



Angry



Tired

# I am feeling...



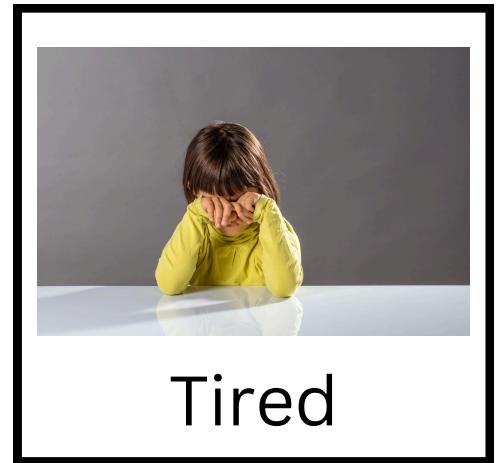
Happy



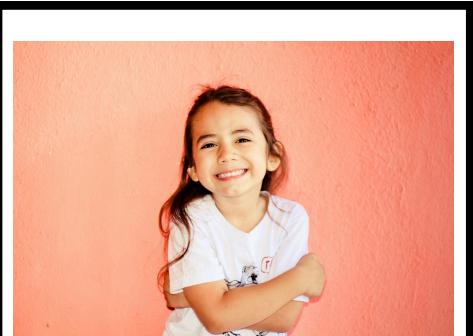
Sad



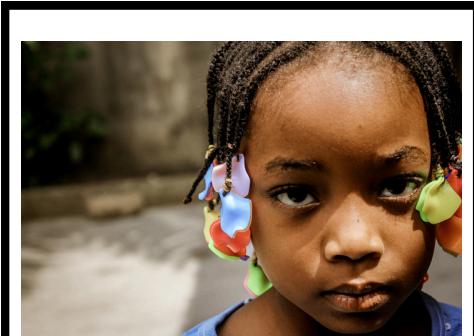
Angry



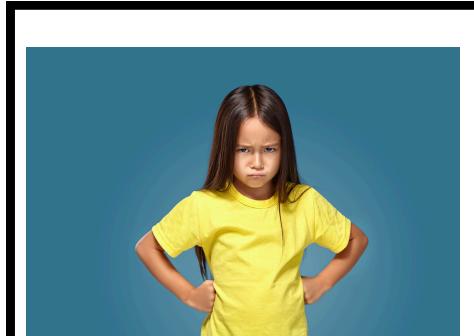
Tired



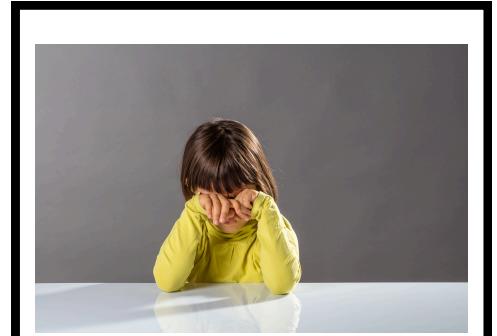
Happy



Sad

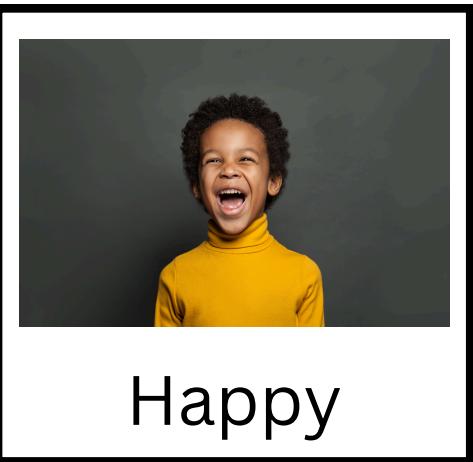


Angry

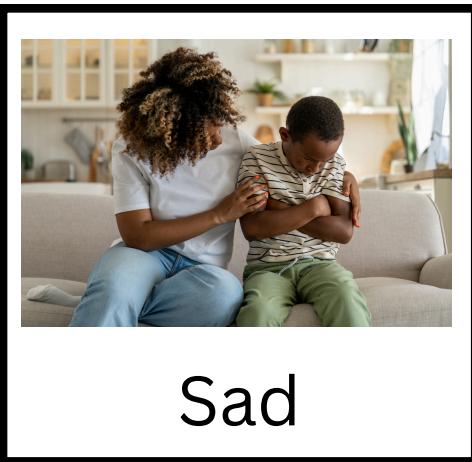


Tired

# I am feeling...



Happy



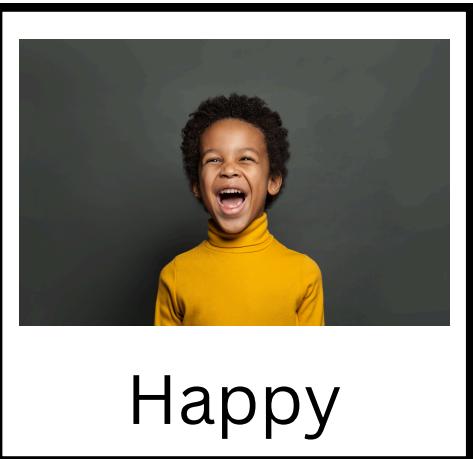
Sad



Angry



Tired



Happy



Sad

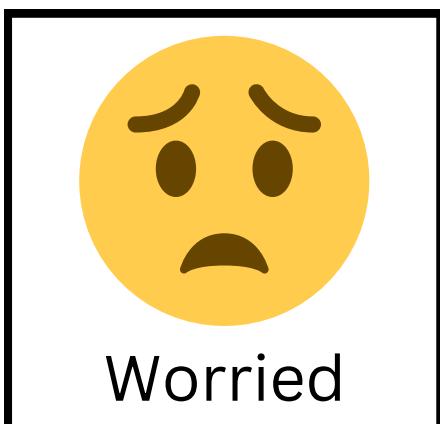
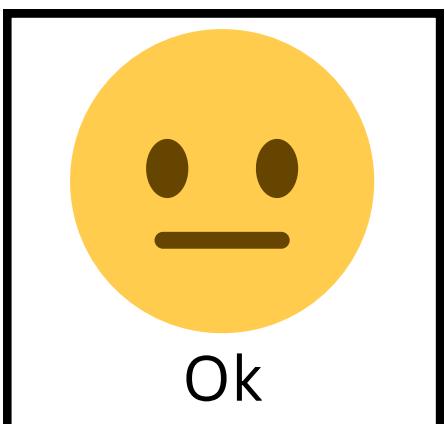
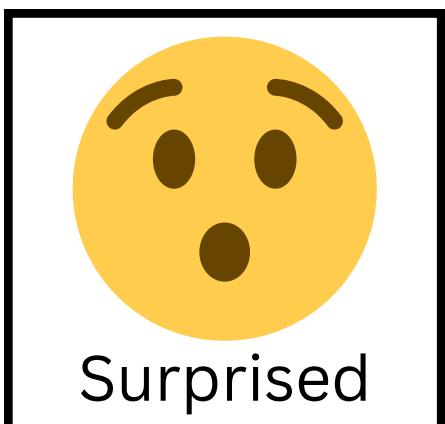
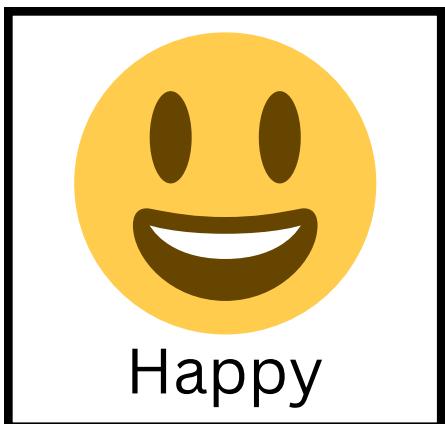
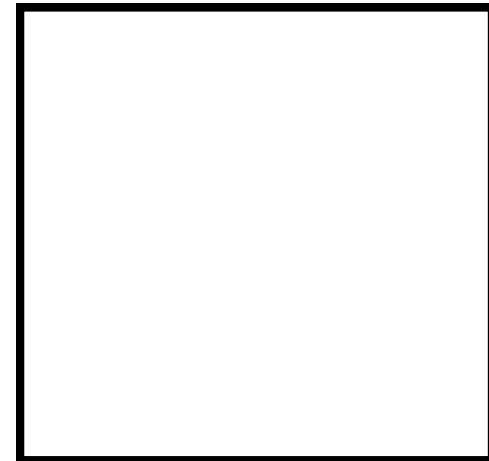


Angry



Tired

# I am feeling...





Happy



Sad



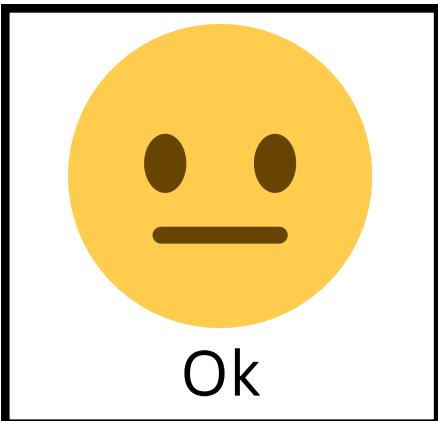
Angry



Tired



Surprised



Ok

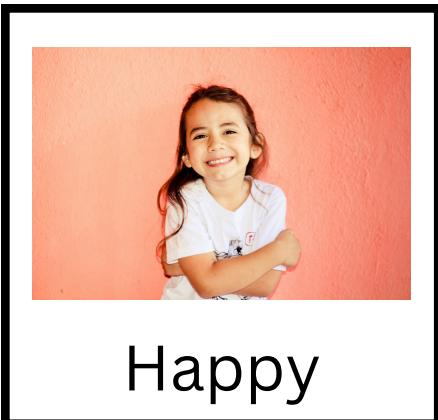
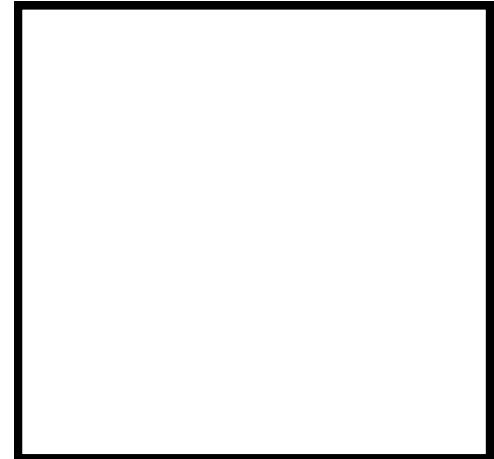


Worried

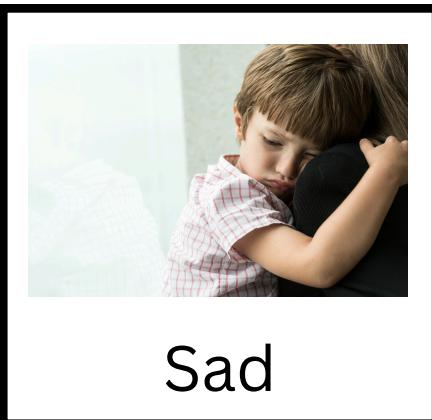


Sick

# I am feeling...



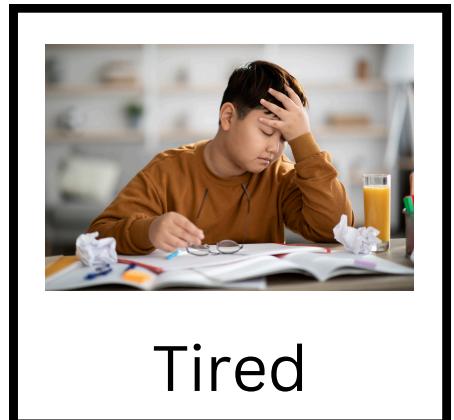
Happy



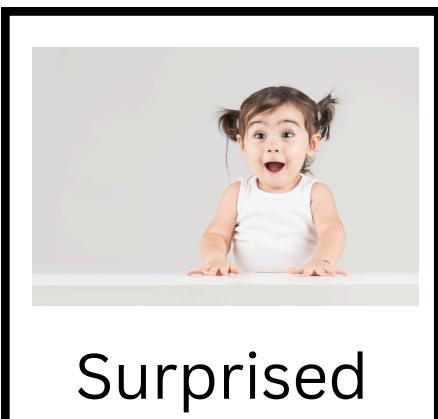
Sad



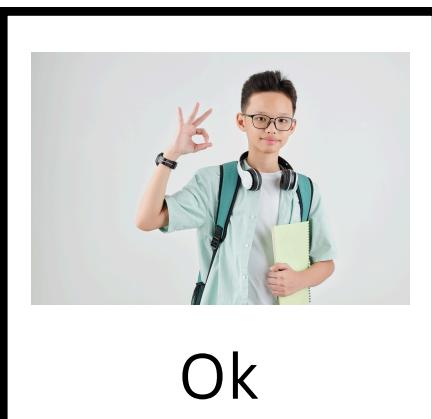
Angry



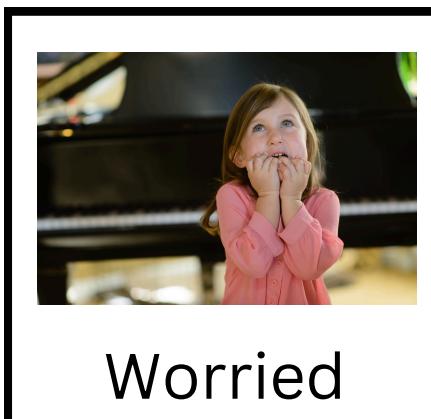
Tired



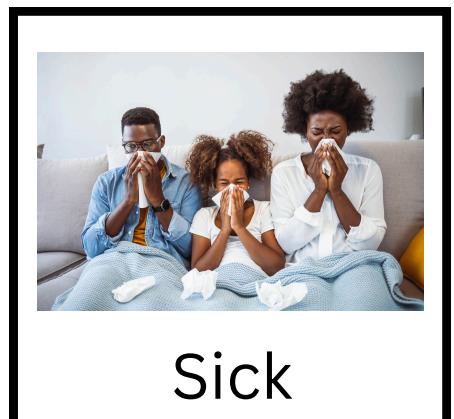
Surprised



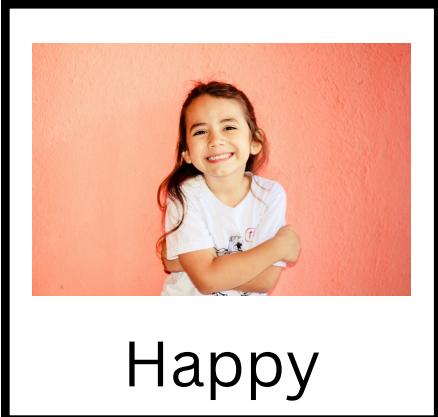
Ok



Worried



Sick



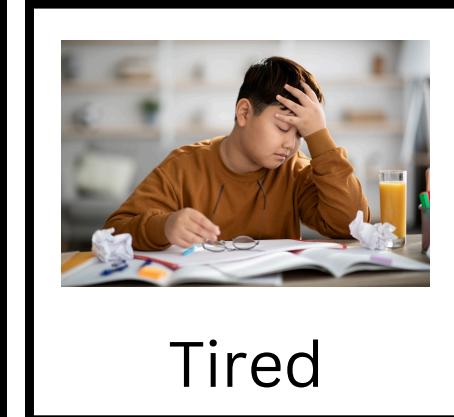
Happy



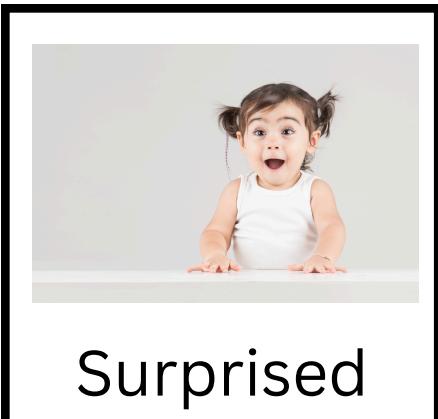
Sad



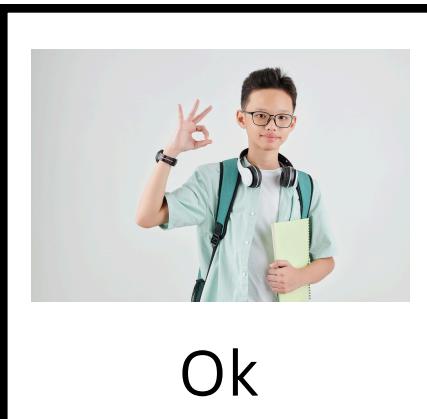
Angry



Tired



Surprised



Ok



Worried



Sick

# I am feeling...



Happy

Surprised

Nervous

Scared

Sad

Ok

Excited

Confused

Angry

Worried

Calm

Frustrated

Tired

Sick

Proud

Overwhelmed

Happy

Surprised

Nervous

Scared

Sad

Ok

Excited

Confused

Angry

Worried

Calm

Frustrated

Tired

Sick

Proud

Overwhelmed

# When I feel happy I can...



Give a high five



Clap my hands



Sing a song



Play with my toys



Give a high five



Clap my hands



Sing a song



Play with my toys

# When I feel sad I can...



Ask for a hug



Take a quiet break



Use a fidget toy



Listen to music



Ask for a hug



Take a quiet break



Use a fidget toy

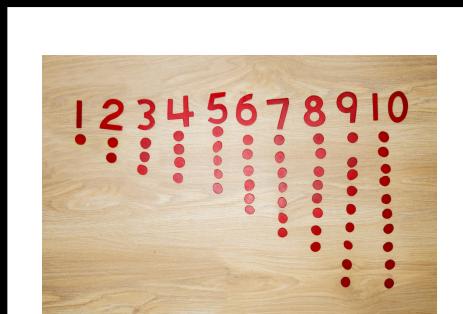


Listen to music

# When I feel angry I can...



Take deep breaths



Count to 10



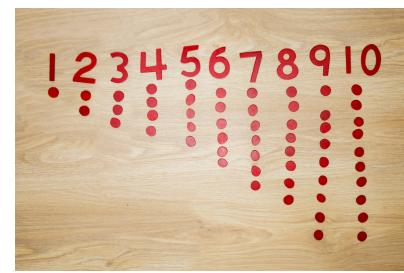
Take a quiet break



Jump up and down



Take deep breaths



Count to 10



Take a quiet break



Jump up and down