



Frustrated



Embarrassed



Sad

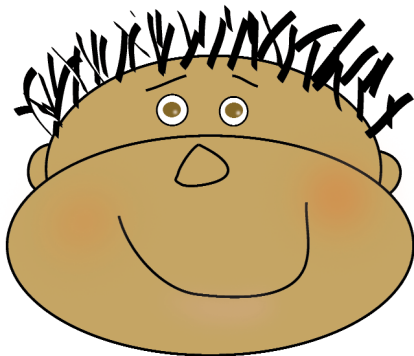


Mad

**This
is
how
I
feel
today!**



Nervous



Happy



Proud



Scared

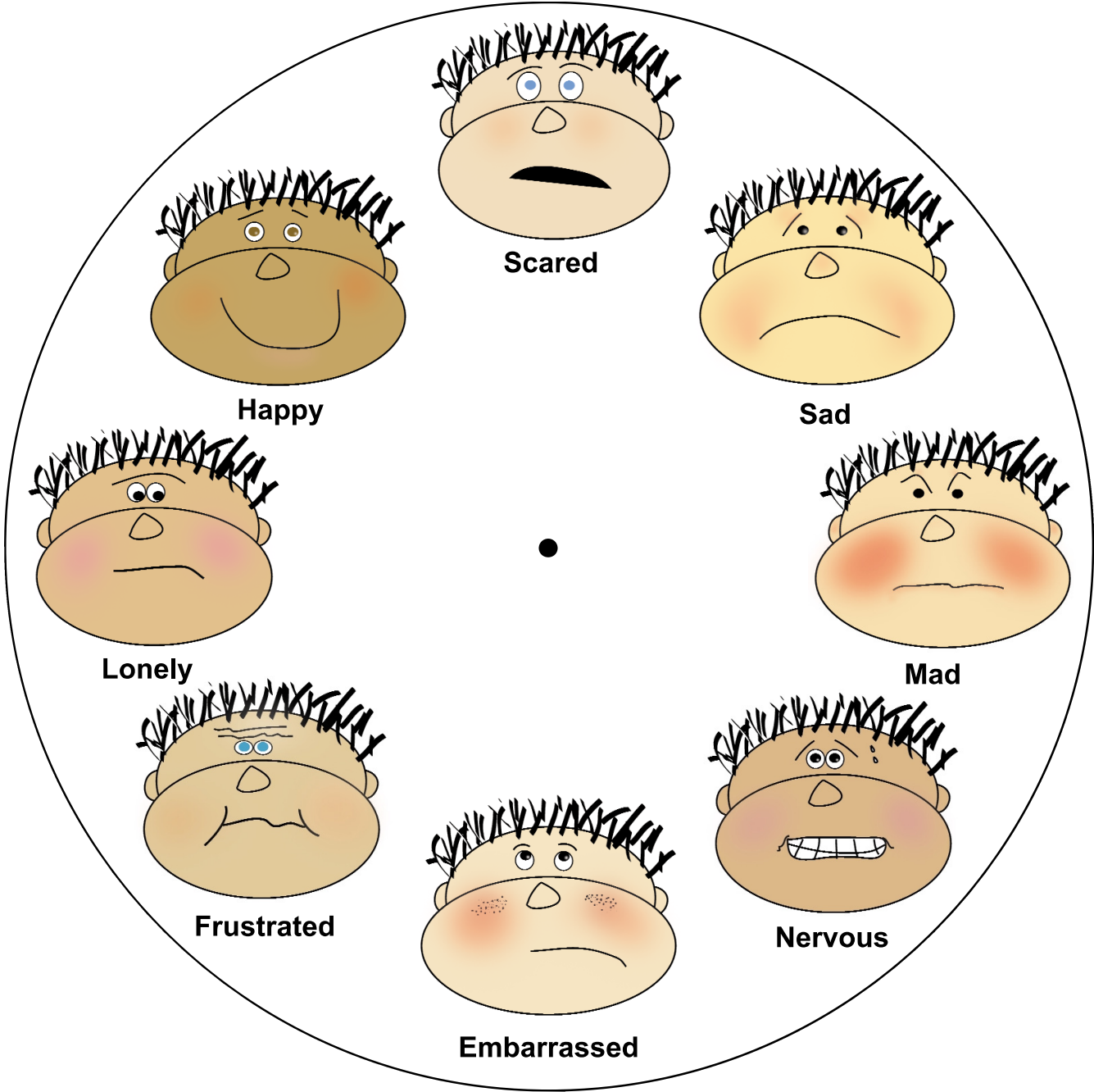


Loved

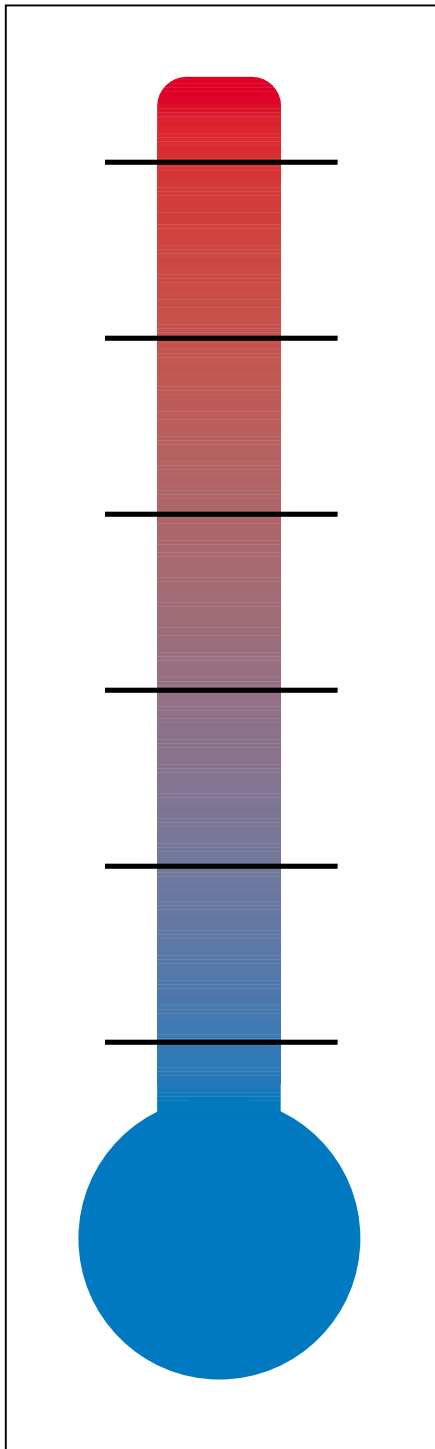


Lonely

Feeling Wheel



Relaxation Thermometer



Mad

Take 3
deep breaths
1...2...3



Relaxed



Frustrated



Embarrassed



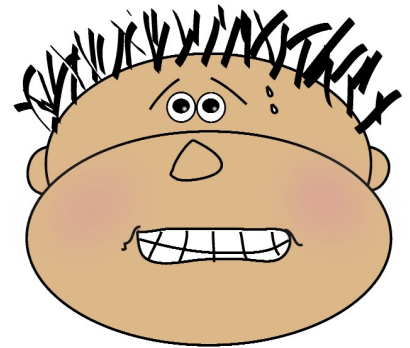
Sad



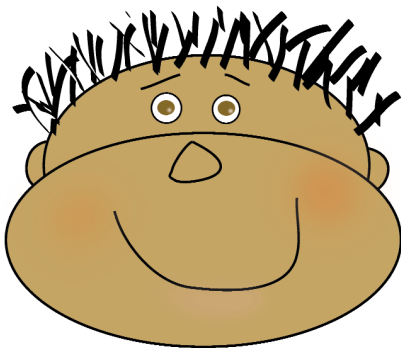
Mad



Scared



Nervous



Happy



Loved



Proud



Lonely