



Frustrated



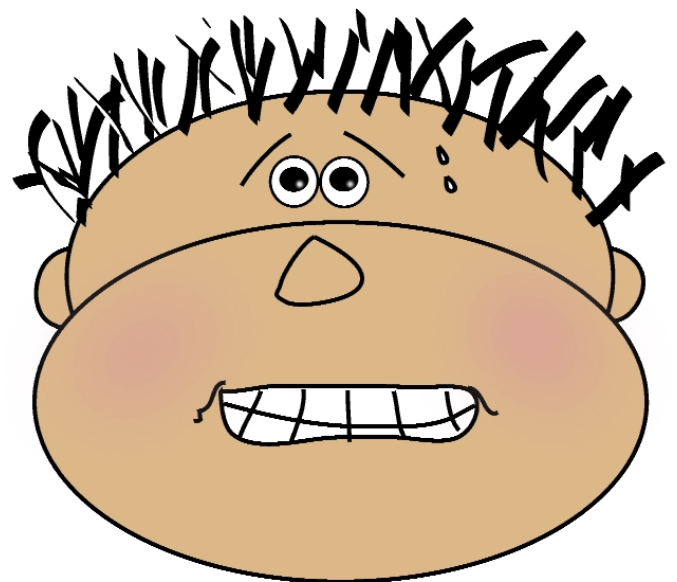
Embarrassed



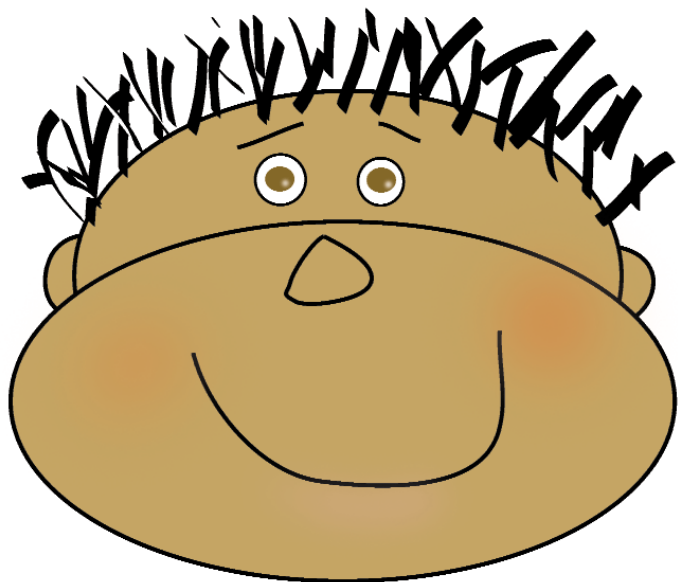
Sad



Mad



Nervous



Happy

**This
is
how
I
feel
today!**



Proud



Scared

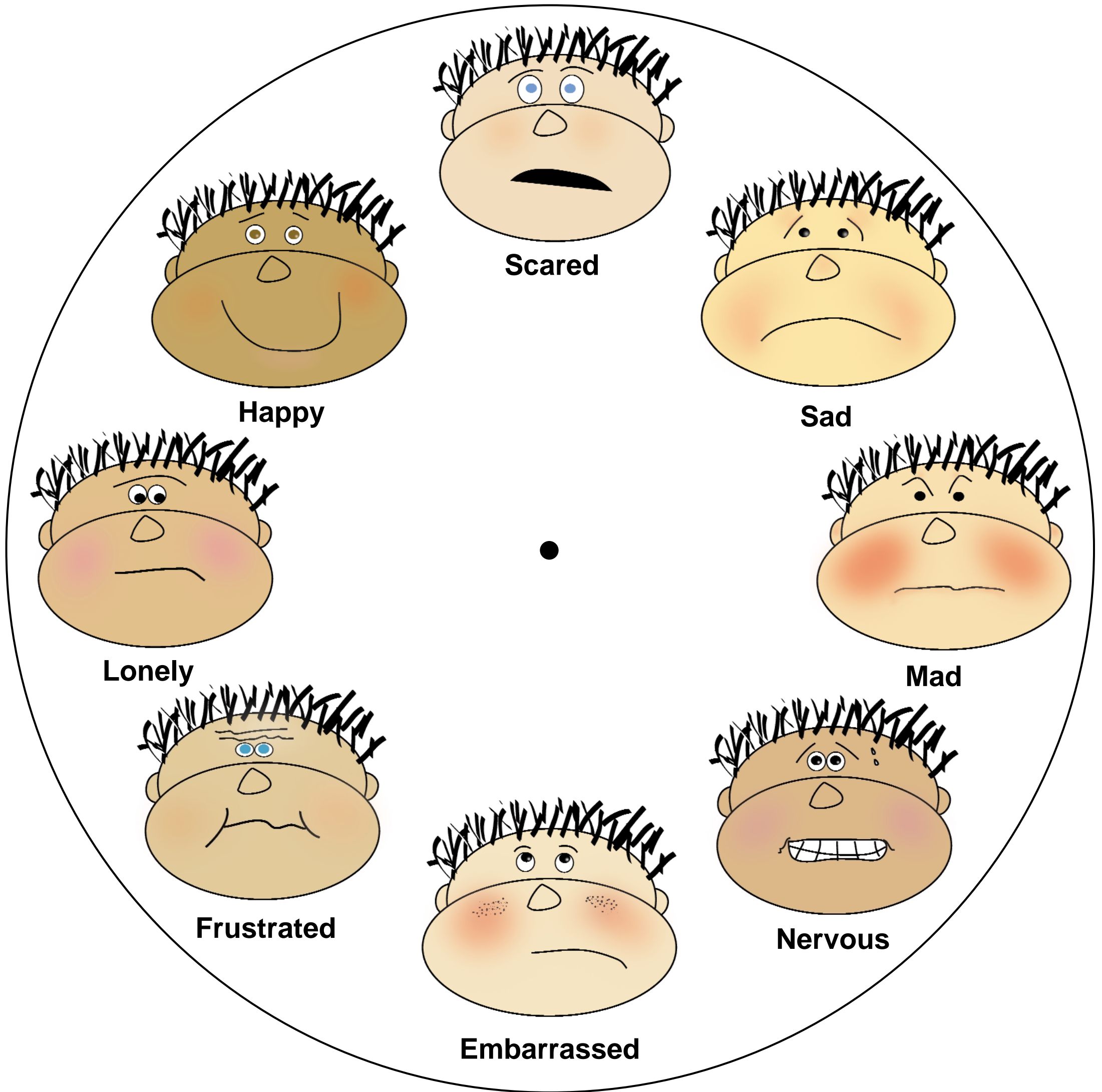


Loved

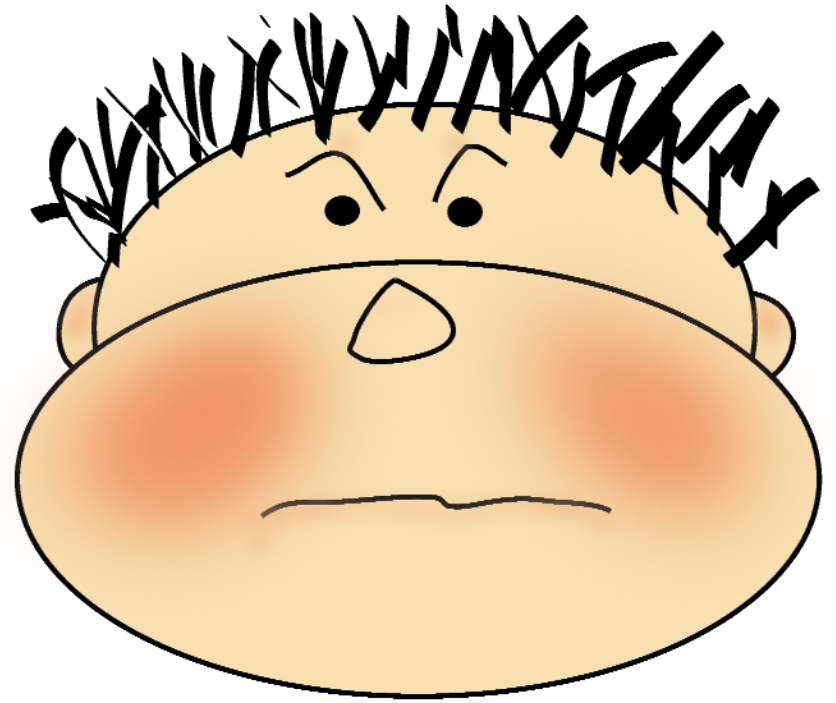
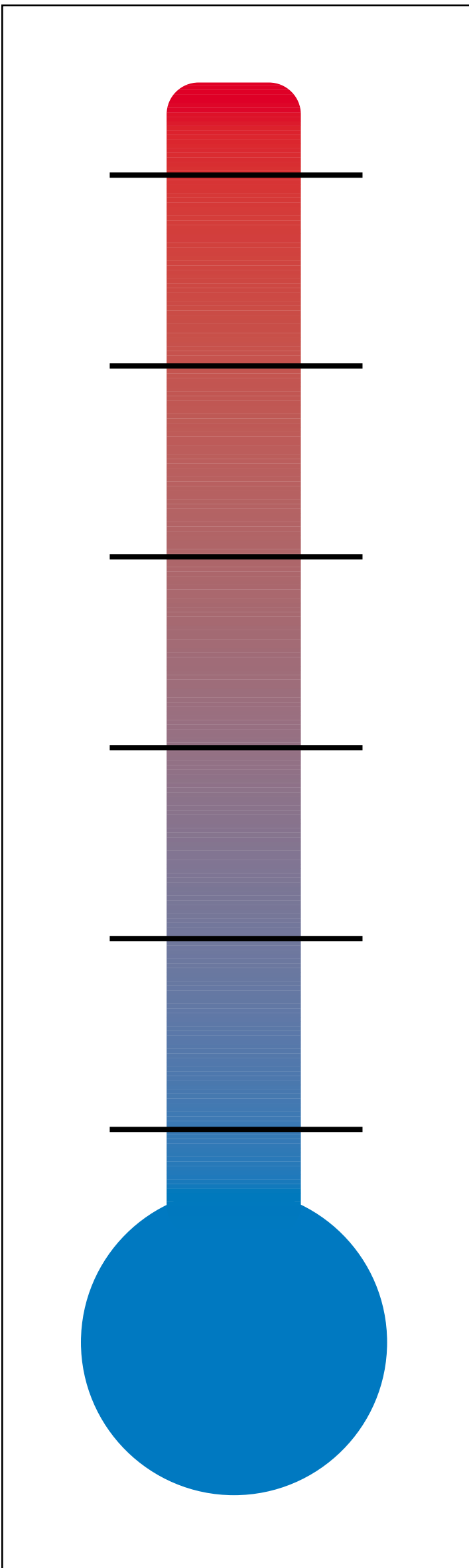


Lonely

Feeling Wheel



Relaxation Thermometer



Mad

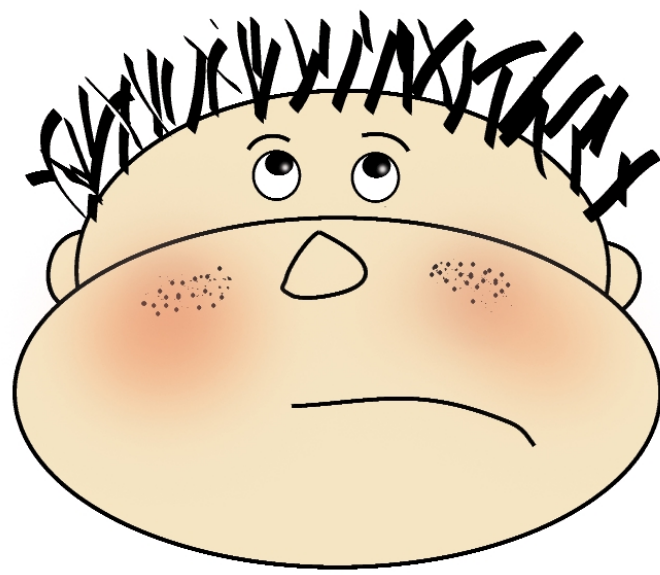
**Take 3
deep breaths
1...2...3**



Relaxed



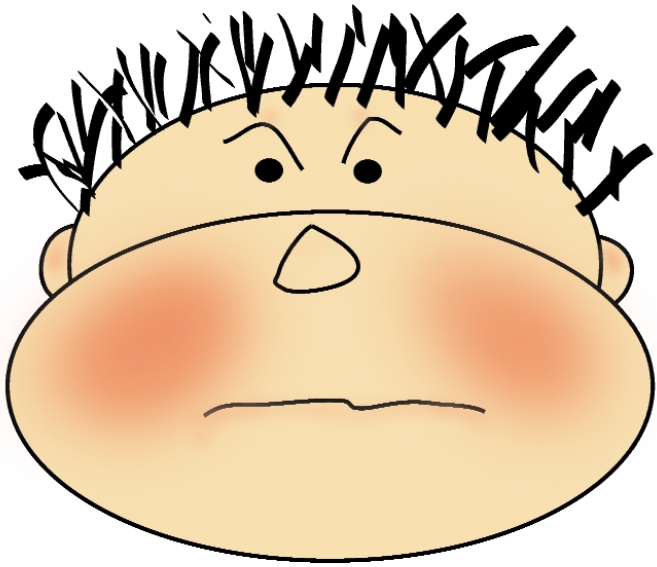
Frustrated



Embarrassed



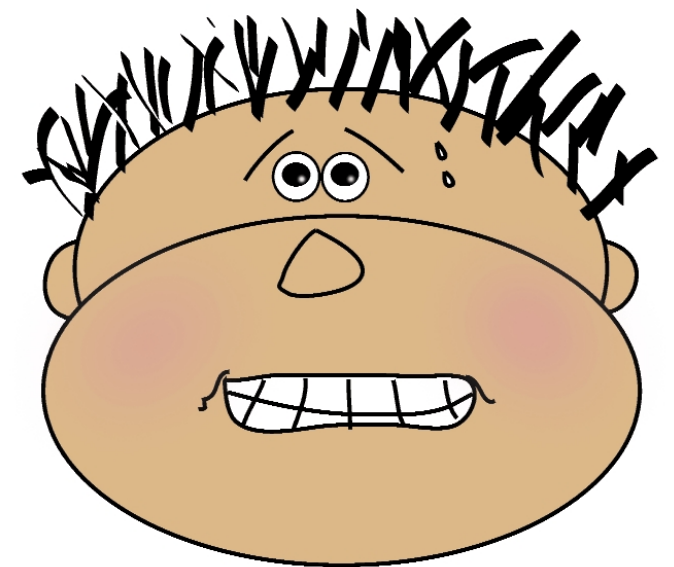
Sad



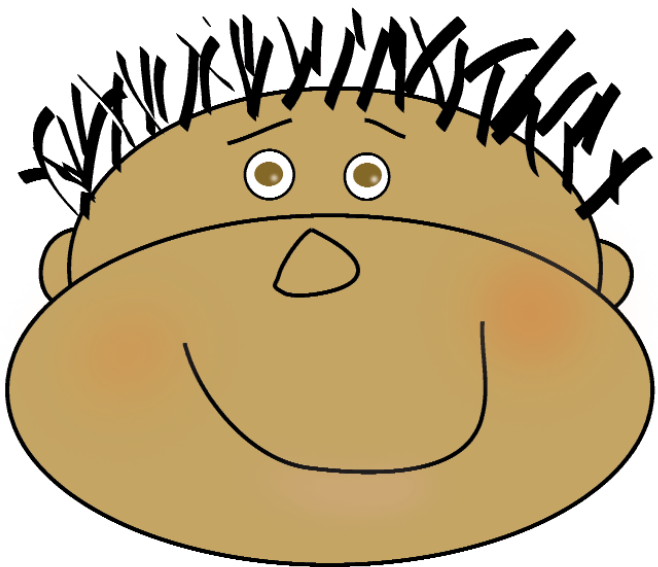
Mad



Scared



Nervous



Happy



Loved



Proud



Lonely