



**Frustrated**  
**Frustrado**



**Embarrassed**  
**Avergonzado**



**Sad**  
**Triste**



**Mad**  
**Enojado**

**This**  
**is**  
**how**  
**I**  
**feel**  
**today!**



**Nervous**  
**Nervioso**



**Happy**  
**Alegre**



**Proud**  
**Orgullosa**



**Scared**  
**Asustado**

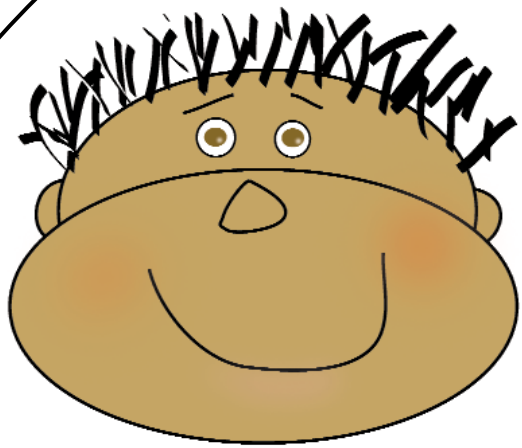


**Loved**  
**Amado / querido**



**Lonely**  
**Solitario**

# Feeling Wheel



happy / alegre



scared / asustado



sad / triste



lonely / solitario



mad / enojado



frustrated  
frustrado

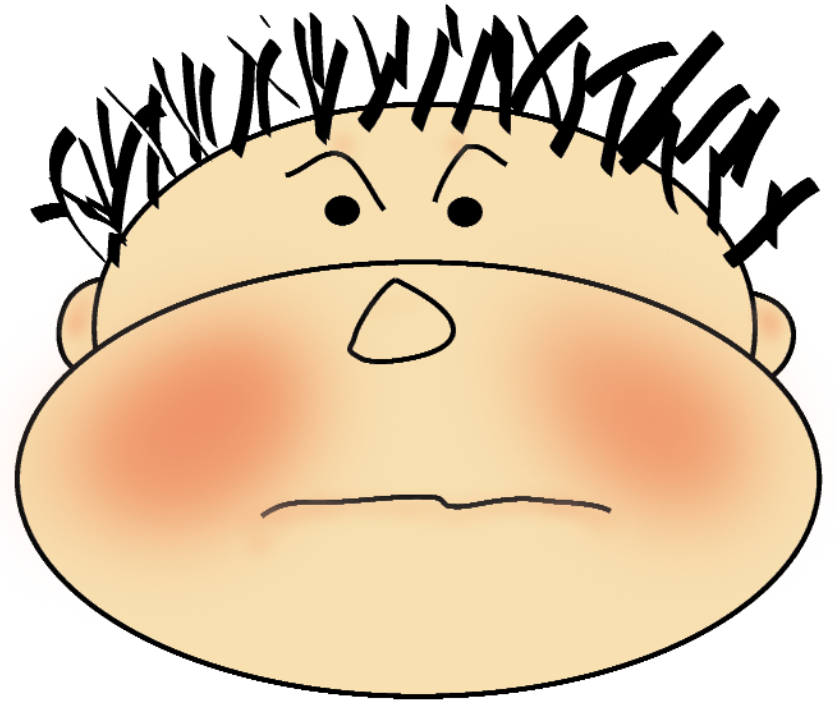
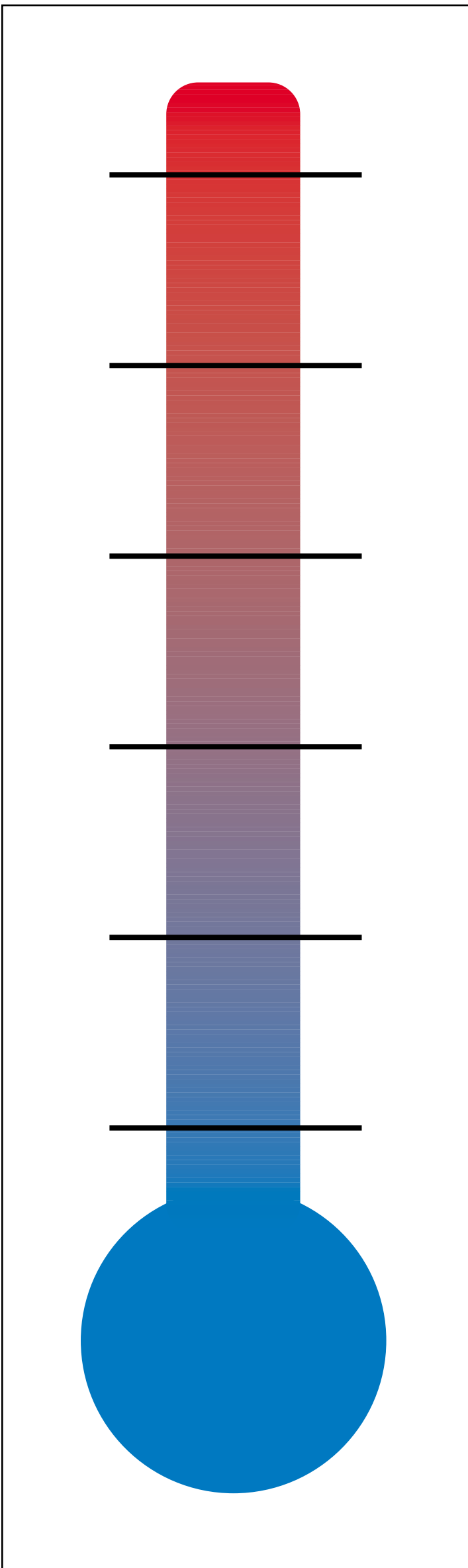


embarrassed  
avergonzado



nervous  
nervioso

# Relaxation Thermometer



**Mad**

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



**Relaxed / relajado**



**Frustrated**  
**Frustrado**



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**Sad**  
**Triste**



**Mad**  
**Enojado**



**Scared**  
**Asustado**



**Nervous**  
**Nervioso**



**Happy**  
**Alegre**



**Loved**  
**Amado / querido**



**Proud**  
**Orgullosa**



**Lonely**  
**Solitario**