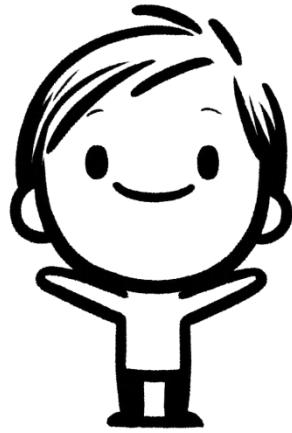
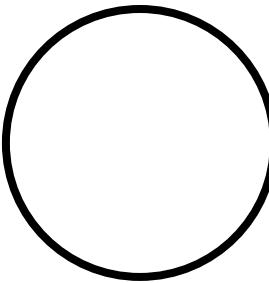


How do you feel?

Pick a face or draw your own face



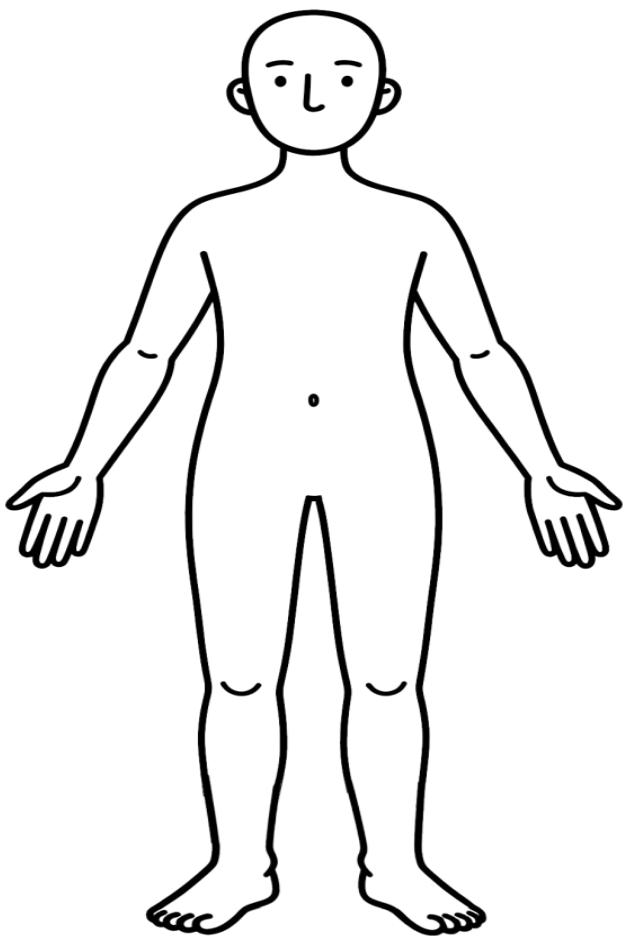
Or draw how you feel



I Feel _____

Happy Excited Joy Calm Proud Grateful Content Pleased Sad
Lonely Upset Hurt Shy Scared Worried Afraid Jealous Nervous
Panicking Anxious Ashamed Embarrassed Angry Mad Rage
Grumpy Annoyed Irritated Cranky Other _____

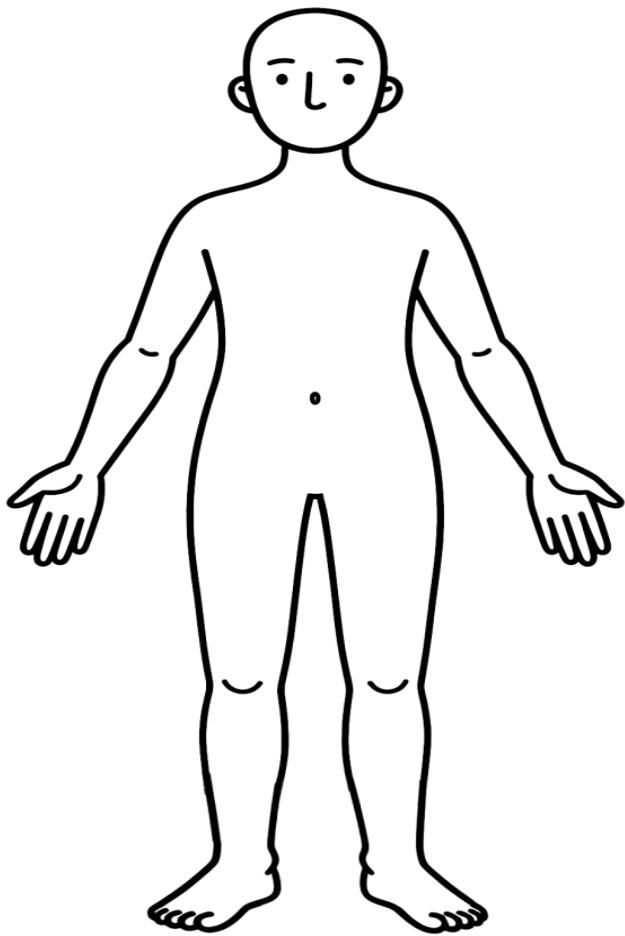
Draw Where You Feel Sad In Your Body Or Show It On The Picture



Examples

- Eyes feel heavy
- Want to lie down or curl up
- Want to sigh a lot
- Legs and arms feel slow
- Tears in eyes or want to cry
- Don't feel like moving
- Mouth turns down (frowning)
- Feel small or want to hide
- Lump in throat
- Body feels tired
- Chest feels heavy
- Eyes feel watery
- Quiet breathing
- Slow moving
- Stomach hurts
- Shoulders feel heavy

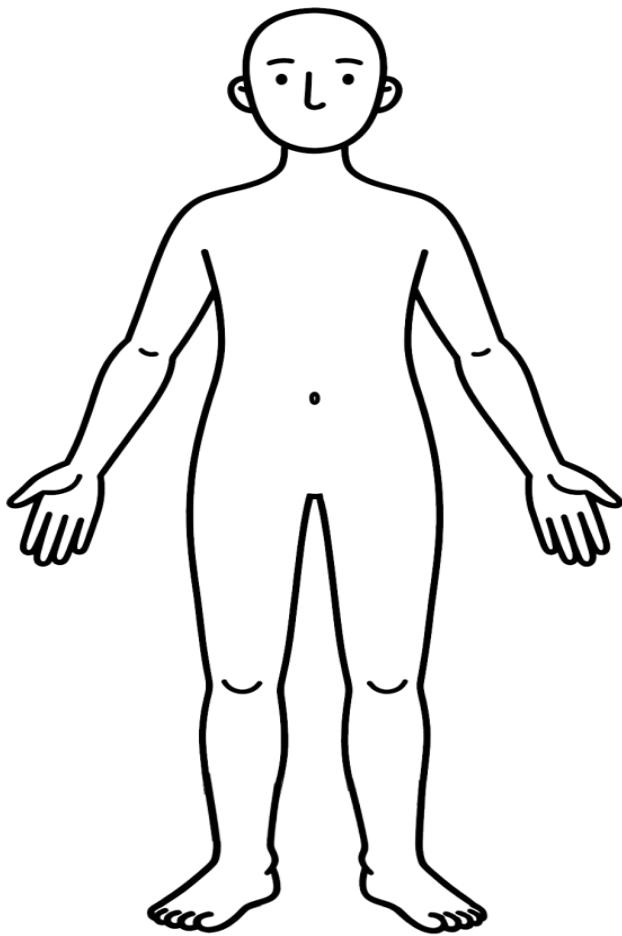
Draw Where You Feel Scared or Anxious In Your Body Or Show It On The Picture



Examples

- Heart beating fast
- Stomach feels weird or upset
- Hard to breathe or breathing fast
- Hands feel shaky
- Want to hold on to someone
- Feel like running away or hiding
- Neck and shoulders feel tight
- Feel like you need to move a lot
- Hands feel sweaty
- Legs feel shaky or wobbly
- Breathing fast
- Shoulders feel tight
- Wanting to hide
- Feeling cold
- Jumping or fidgeting
- Eyes wide open

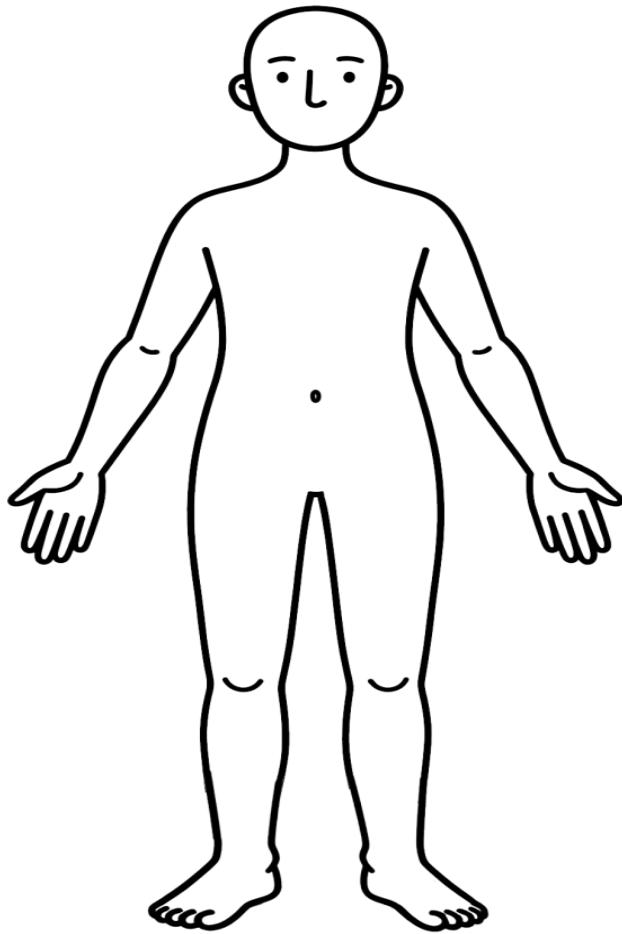
Draw Where You Feel Mad or Angry In Your Body Or Show It On The Picture



Examples

- Feel like stomping feet
- Eyebrows squeezed together
- Feel like yelling or growling
- Legs feel tense like you want to kick
- Feel like throwing something
- Clenched fists
- Chest feels tight
- Jaw feels tight
- Heart pounding
- Breathing hard
- Muscles feel tight
- Eyebrows squeezed
- Face scrunches up
- Wanting to hit or push

Draw Where You Feel Happy or Calm In Your Body Or Show It On The Picture

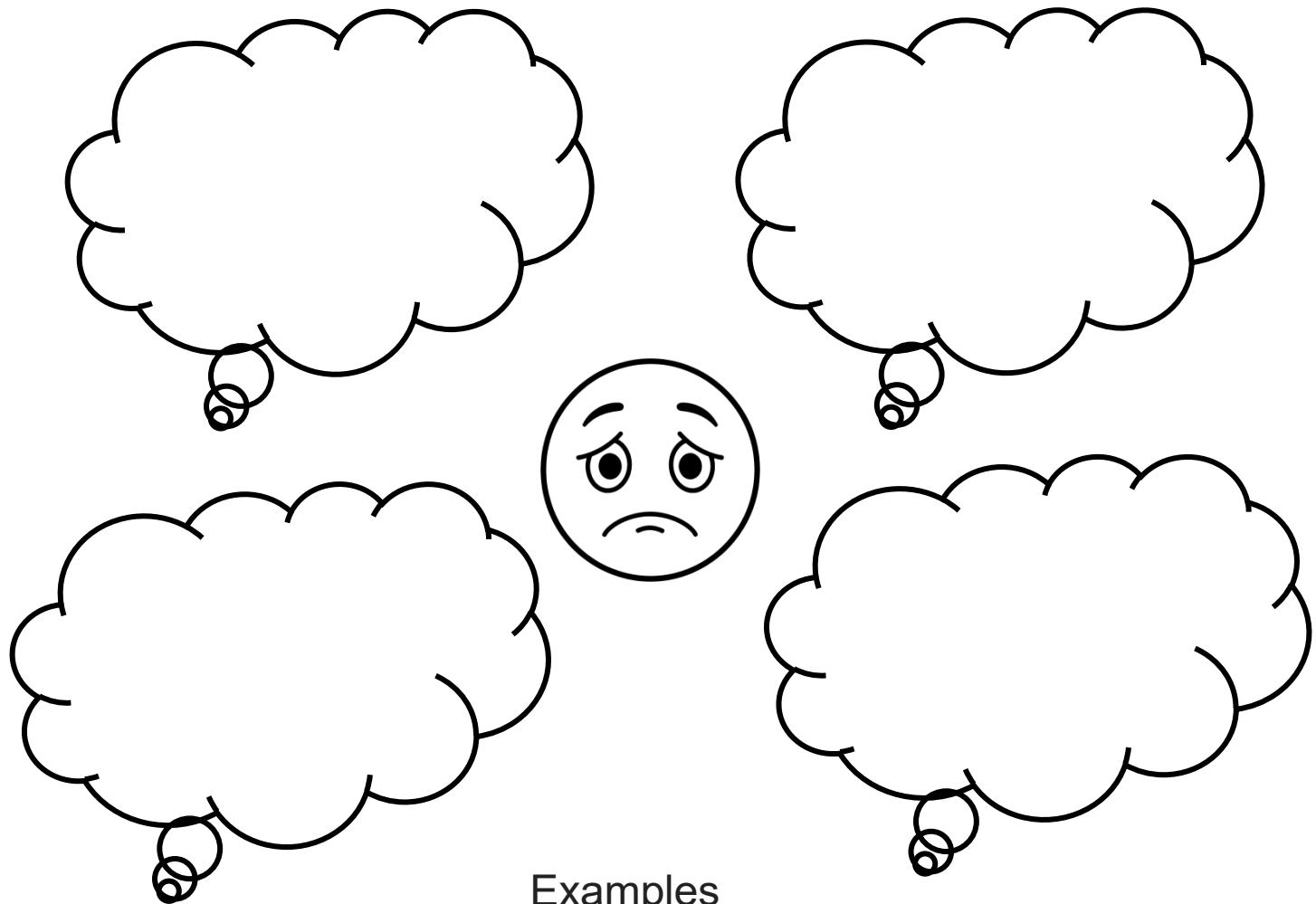


Examples

- Face feels light and smiley
- Feel like laughing
- Want to jump or dance
- Feel full of energy
- Eyes feel bright and wide
- Want to run around
- Hands feel open and wiggly
- Want to hug someone
- Feel like singing/making noise
- Warm feeling inside
- Light and bouncy
- Breathing easy
- Feeling full of energy
- Face feels bright
- Hands feel tingly
- Shoulders relaxed

What Kind of Thoughts Do You Have?

When you're sad?

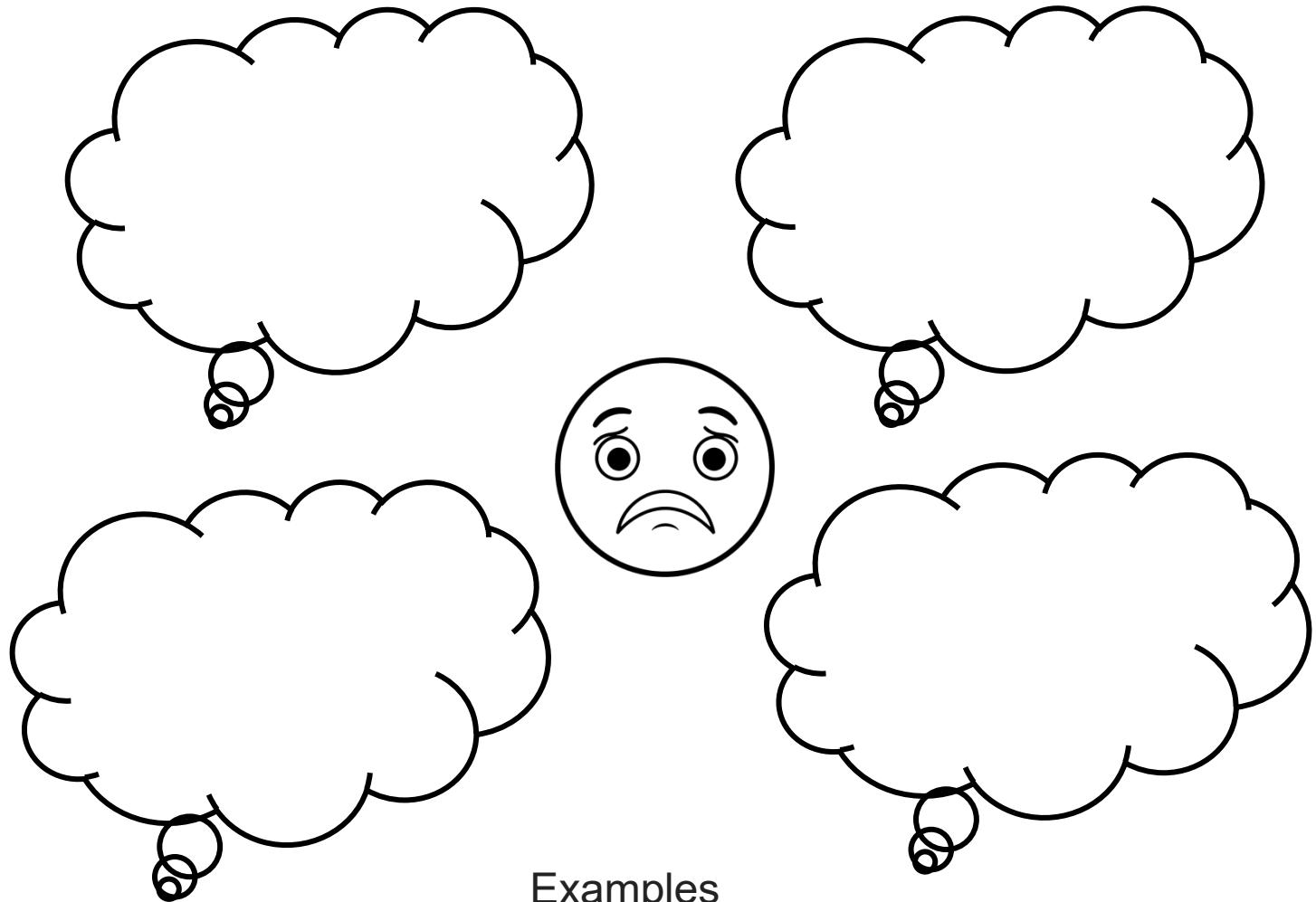


Examples

- Nobody cares about me
- I just want to be alone
- Nothing ever goes right
- I wish things were different
- No one understands me
- I don't feel like doing anything
- I ruin everything
- I want to cry
- Everyone else is happy except me
- I don't matter
- This feeling won't go away
- Nobody likes me
- I don't have any friends
- I'm stupid

What Kind of Thoughts Do You Have?

When you're scared or anxious?

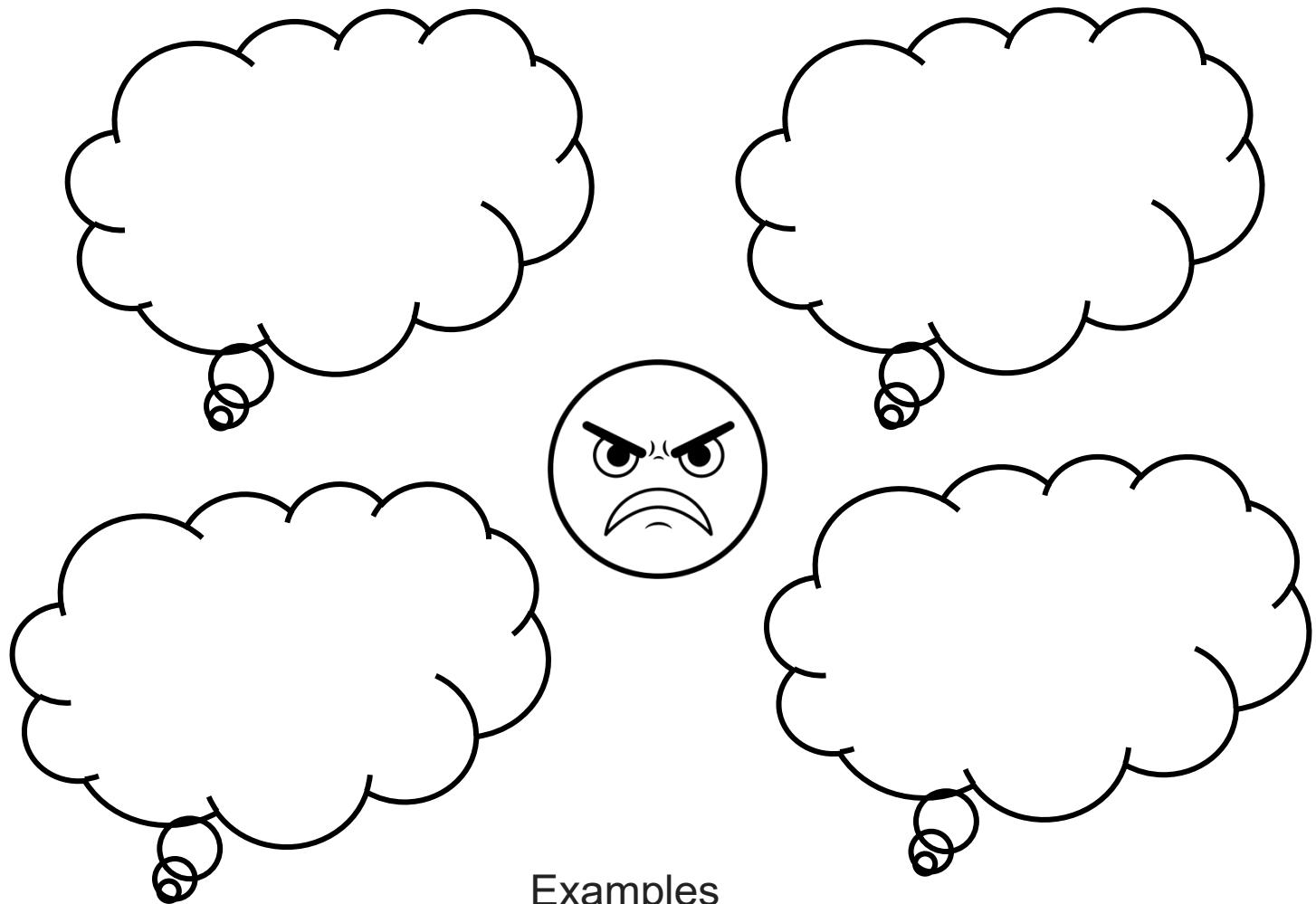


Examples

- What if something bad happens?
- I don't want to do this
- What if I make a mistake?
- Everyone is looking at me
- I'm going to get in trouble
- I don't feel safe
- I want to run away
- I don't know what to say
- My heart is beating too fast
- I think I'm going to get in trouble
- I just want this to be over
- I'm afraid

What Kind of Thoughts Do You Have?

When you're mad or angry?

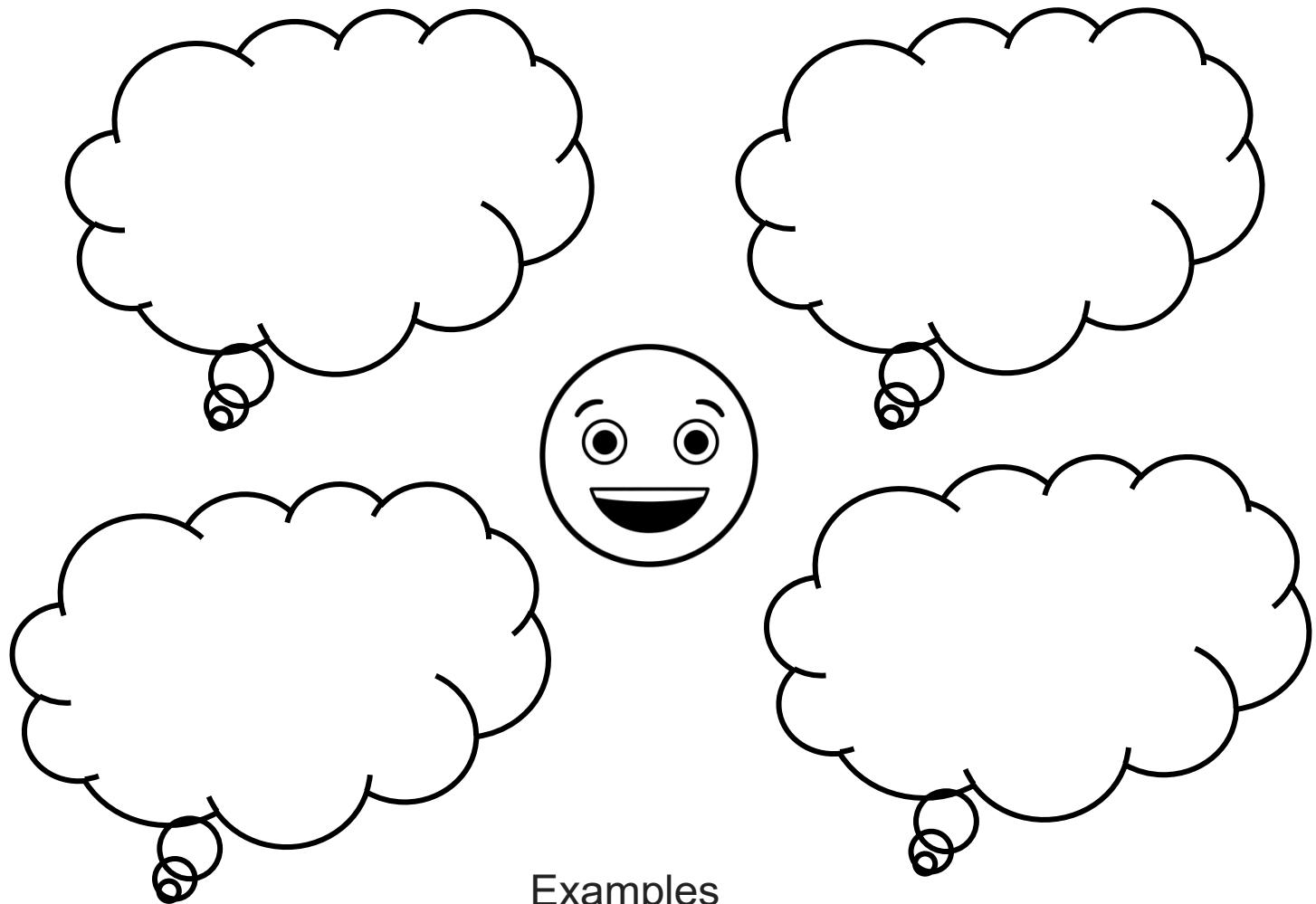


Examples

- This isn't fair!
- I hate this!
- Nobody listens to me!
- I just want to yell!
- They did that on purpose!
- They're so mean!
- I want to break something
- I don't care anymore!
- Why does this always happen to me?
- I just want them to leave me alone
- Leave me alone!
- I can't stop thinking about it!

What Kind of Thoughts Do You Have?

When you're calm or happy?



Examples

- This is the best day ever
- I love this
- I can't stop smiling
- Everything is so funny
- I feel like I could fly
- I don't want this to end
- I wish every day was like this
- I feel so lucky
- I just want to hug everyone
- I can't wait to do this again
- My heart feels full
- I feel safe and warm
- I wish I could stay here forever
- I feel like dancing

How Do You Act When You're Feeling These Ways?

Sad



Examples

- Sit quietly
- Want to be alone
- Cry
- Hug a stuffed animal or blanket
- Watch TV or play video games
- Lie in bed or curl up somewhere
- Not feel like talking
- Move slowly
- Don't want to do anything
- Listen to sad music
- Eat junk food
- Don't want to eat anything

Scared/Anxious



Examples

- Hold on to someone you trust
- Hide under a blanket or behind something
- Avoid what's scaring you
- Ask a lot of questions to feel safer
- Bite your nails or fidget
- Look for a way to escape
- Feel frozen and not move
- Talk really fast
- Stay close to an adult or friend
- Run away

How Do You Act When You're Feeling These Ways?

Angry/Mad



Examples

- Clench your fists
- Yell or say mean things
- Stomp your feet
- Cross your arms and turn away
- Throw or hit something
- Breathe fast or feel really hot
- Slam a door
- Walk away fast or run off
- Ignore people who talk to you
- Make an angry face and glare

Happy/Calm



Examples

- Smile or laugh
- Run around and jump
- Sing or hum a song
- Dance or spin in circles
- Talk a lot and really fast
- Hug someone or high-five them
- Feel like playing or being silly
- Want to be around friends or family
- Do something fun like drawing or playing outside
- Feel like everything is fun

What Helps You Feel Better When You're ...

Sad



Examples

- Talking to someone who cares about you
- Getting a hug
- Listening to music
- Drawing or writing about your feelings
- Moving around, going for a walk
- Watching a favorite show or movie
- Cuddling a pet or stuffed animal
- Going outside for fresh air
- Doing something creative
- Thinking about something fun coming up

Scared/Anxious



Examples

- Taking slow breaths
- Holding someone's hand
- Talking about why you're scared
- Reminding yourself you are safe
- Listening to music
- Wrapping yourself in something cozy
- Writing or drawing what you're scared of
- Moving around to get the nervous energy out
- Doing something fun with a friend

What Helps You Feel Better When You're ...

Angry/Mad



Examples

- Taking slow breaths to calm down
- Walking away from the situation
- Talking to someone who can help
- Squeezing a pillow or stress ball
- Drawing or writing about what made you mad
- Listening to music to distract yourself
- Jumping, running, or doing another activity to use up energy
- Splashing cold water on your face
- Counting to 10 before saying something
- Finding a quiet place to cool off