

It's okay to feel **all** your feelings

Point to the face that matches how you feel right now. Naming the feeling is the first step to handling it.



HAPPY



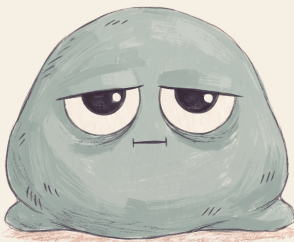
EXCITED



PROUD



CALM



TIRED



BORED



WORRIED



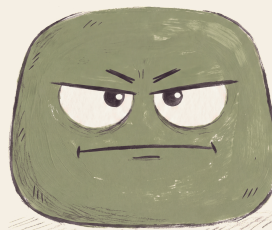
SHY



SAD



FRUSTRATED



ANGRY



OVERWHELMED

Try saying it out loud

"I feel _____ because _____."