

# HOW ARE YOU FEELING?



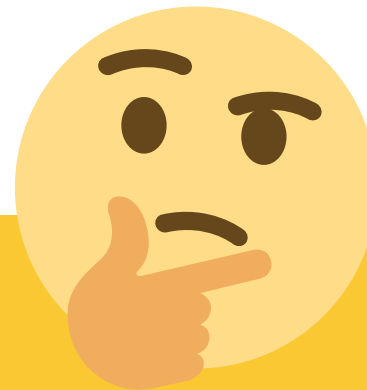
SAD  
SICK  
TIRED

LET SOMEONE KNOW  
HAVE A STRETCH  
DRINK SOME WATER



HAPPY  
CALM  
READY

TRY YOUR BEST  
HELP A FRIEND  
TRY NEW THINGS



WORRIED  
SILLY  
EXCITED

TAKE DEEP BREATHS  
GO SOMEWHERE QUIET  
COUNT TO 20 SLOWLY



ANGRY  
SCARED  
MEAN

ASK FOR HELP  
WALK AWAY  
TAKE A BREAK