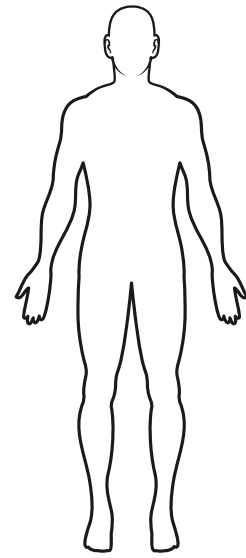


Name : .....

# ANGRY

Other words for angry are:

My body clues when I'm feeling angry:



Things that make me angry are:

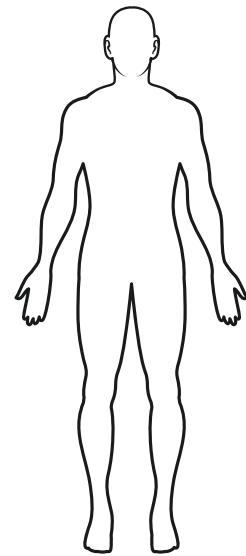
Strategies, tools or people to help me when I am angry are:

Name : .....

# FRUSTRATED

Other words for frustrated are:

My body clues when I'm feeling frustrated:



Things that make me frustrated are:

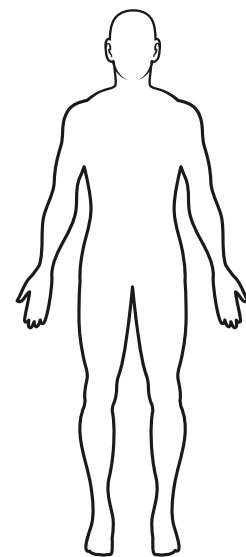
Strategies, tools or people to help me when I am frustrated are:

Name : .....

# HAPPY

Other words for happy are:

My body clues when I'm feeling happy:



Things that make me happy are:

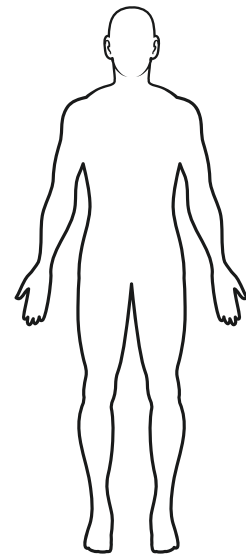
Strategies, tools or people to help me stay happy are:

Name : .....

# CALM

Other words for calm are:

My body clues when I'm feeling calm:



Things that make me calm are:

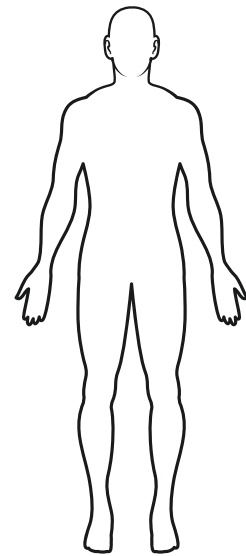
Strategies, tools or people to help me stay calm are:

Name : .....

# EXCITED

Other words for excited are:

My body clues when I'm feeling excited:



Things that make me excited are:

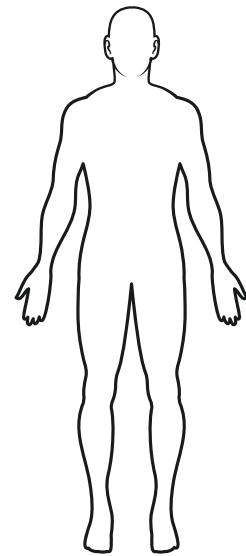
Strategies, tools or people to help me when I am excited are:

Name : .....

# NERVOUS

Other words for nervous are:

My body clues when I'm feeling nervous:



Things that make me nervous are:

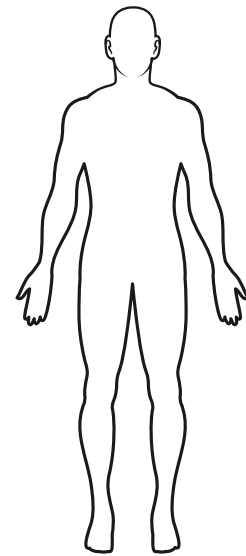
Strategies, tools or people to help me when I am nervous are:

Name : .....

# SAD

Other words for sad are:

My body clues when I'm feeling sad:



Things that make me sad are:

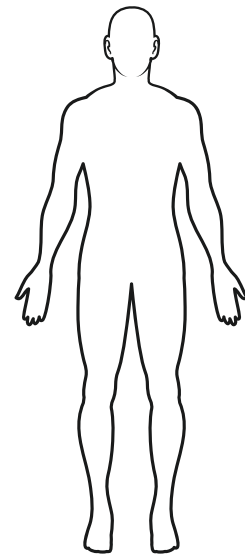
Strategies, tools or people to help me when I am sad are:

Name : .....

# CONFUSED

Other words for confused are:

My body clues when I'm confused sad:



Things that make me confused are:

Strategies, tools or people to help me when I am confused are: