

How am I feeling today?

What can I do to feel better?

STOP and ask for help!

Take deep breaths, count to ten, do something else, find a quiet space

Think of something happy, find something fun to do

Smile! You are feeling GREAT!

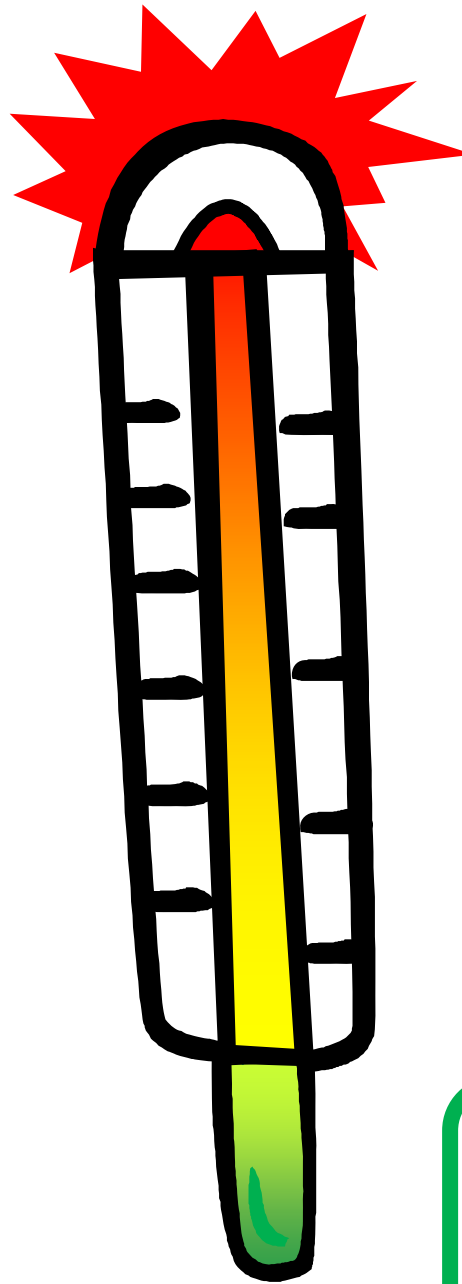
What words describe how I feel?

Angry, Furious, Very Sad, Anxious

Frustrated, Anxious, Annoyed, Upset

Nervous, Worried, Confused

I feel good!
Happy, Relaxed, Content, Ok



What should I do?