



Frustrated



Embarrassed



Sad



Mad



Nervous



Happy

**This
is
how
I
feel
today!**



Proud



Scared

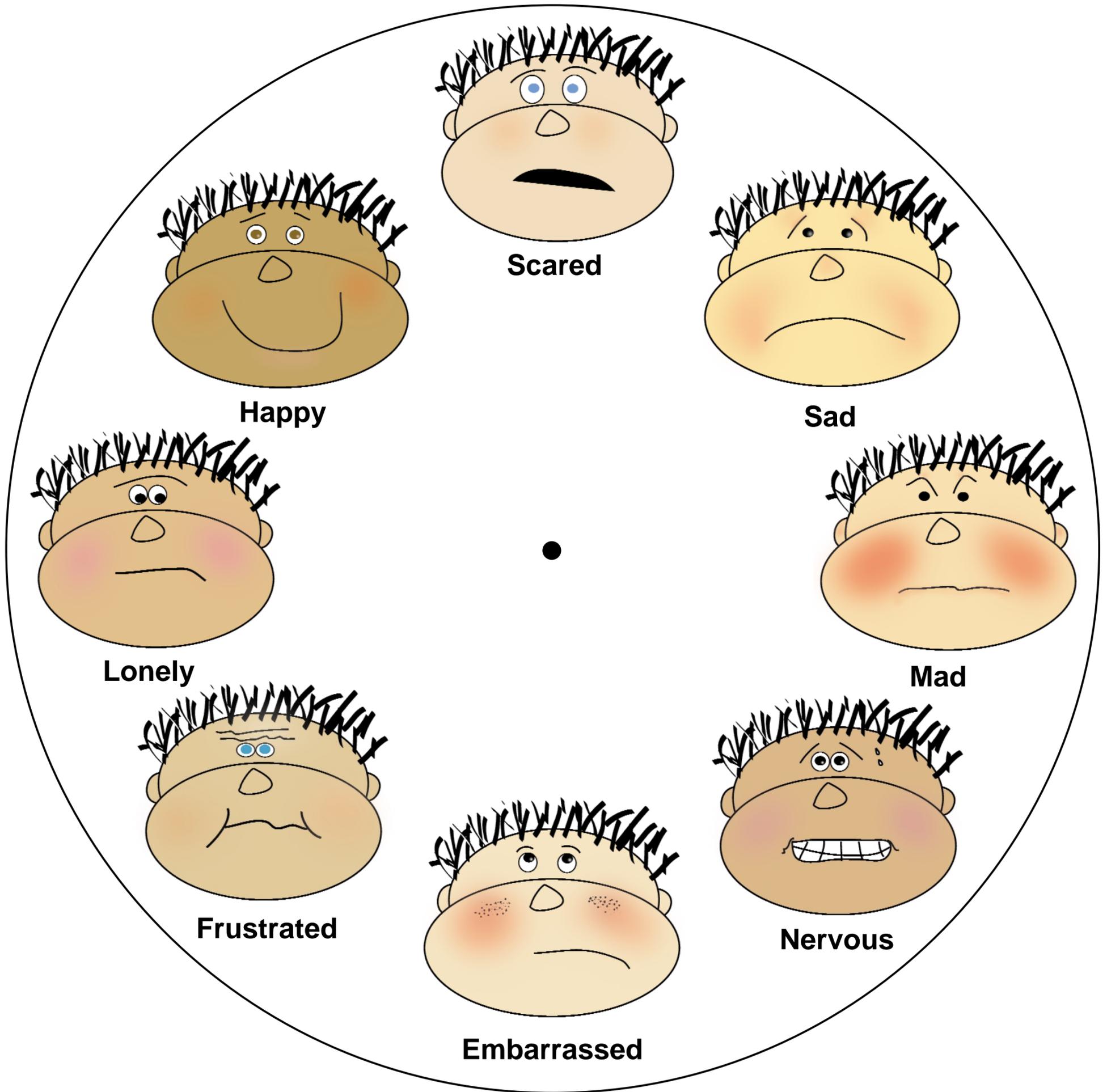


Loved

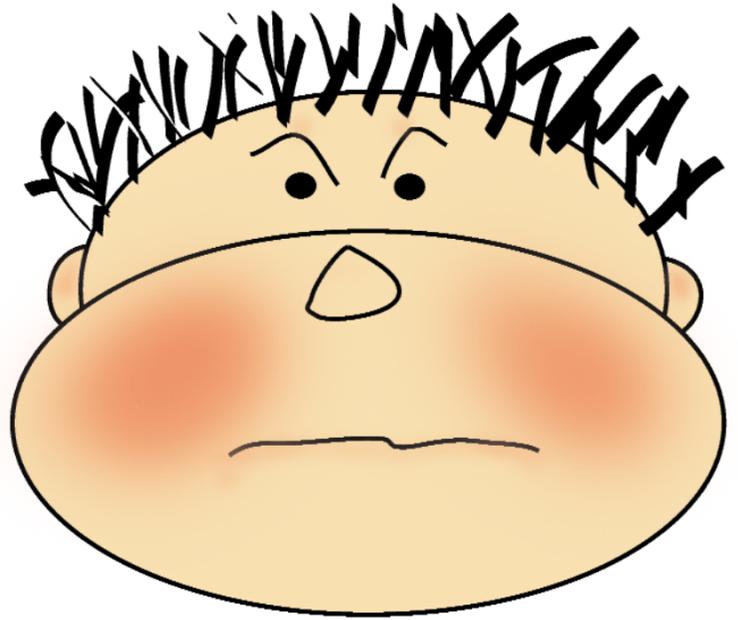
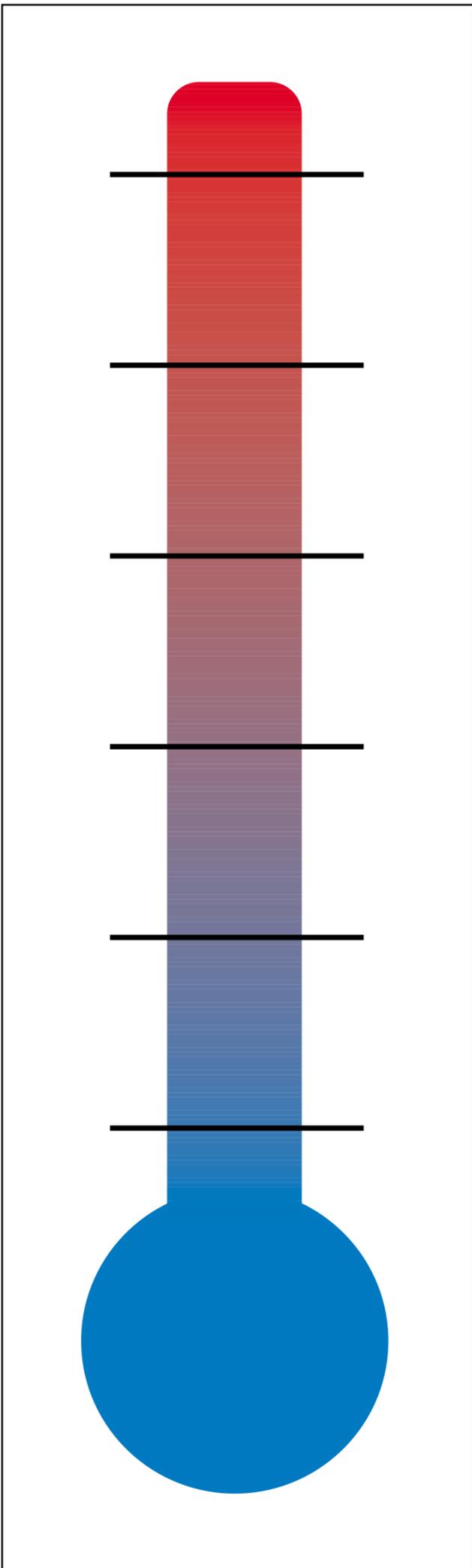


Lonely

Feeling Wheel



Relaxation Thermometer



Mad

**Take 3
deep breaths
1...2...3**



Relaxed



Frustrated



Embarrassed



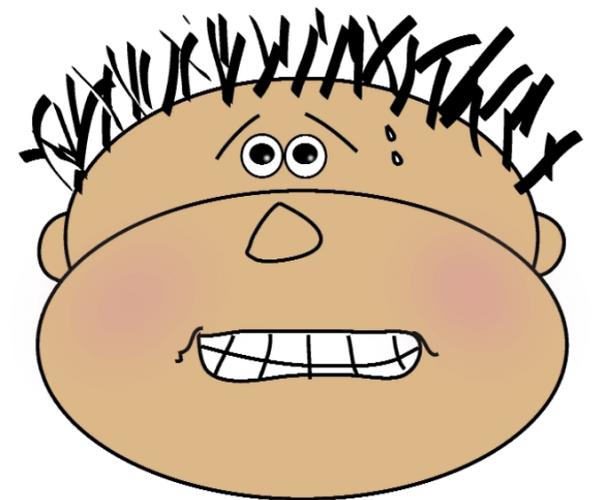
Sad



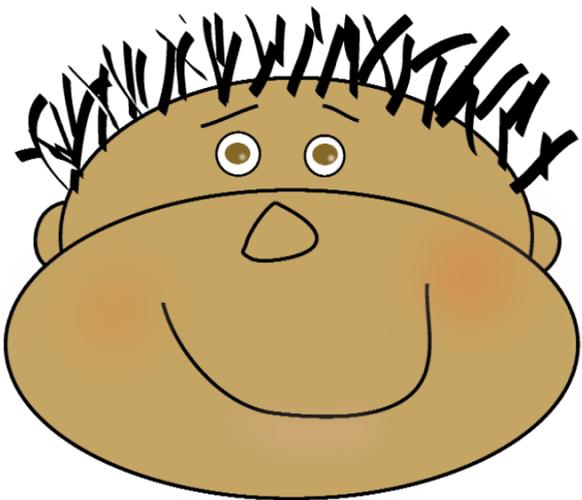
Mad



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Happy



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Lonely