

SHARE YOUR FEELINGS

Don't be afraid to ask for help from your teacher, parent or a trusted adult.



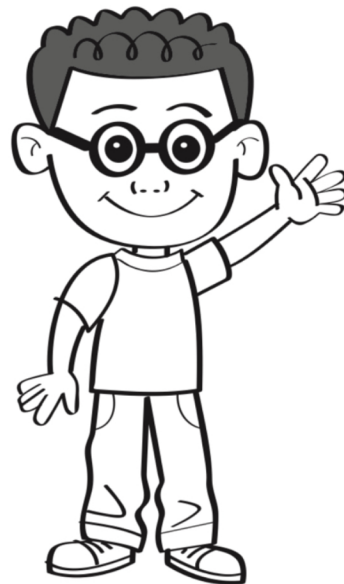
ANGRY



SCARED



SAD



HAPPY



**Draw a picture of how you feel today.
Then write about how you feel and why.**



Today I feel _ _ _ _ _ because _ _ _ _ _

_ _ _ _ _

_ _ _ _ _