



♥ How Am I Feeling?

Point to or circle the face that fits right now. There are no wrong feelings, all of them are okay to have.



Happy



Calm



Tired



Sad



Worried



Cross



Excited



Shy

When I have a big feeling, I can: take three slow breaths · ask for a hug · have some quiet time · tell a grown-up.

Today I feel this way because: _____

