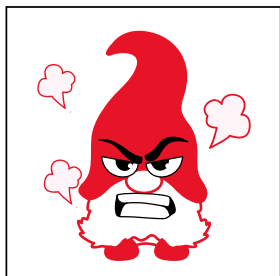


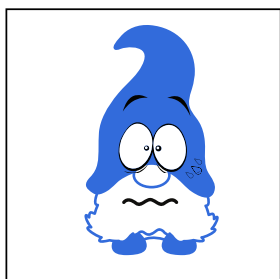


My Emotions Guide

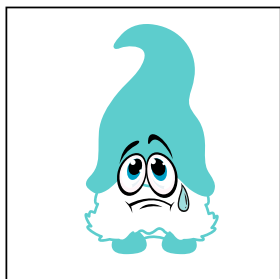
What can I do when I feel like this?



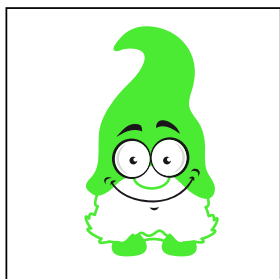
angry
furious
mad



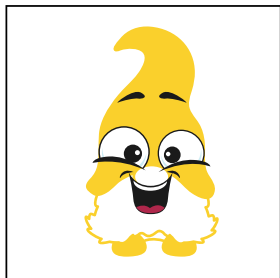
worried
anxious
nervous



sad
upset
confused



happy
content
calm



excited
thrilled
delighted



My Emotions Guide

What things make me feel like this?



angry
furious
mad



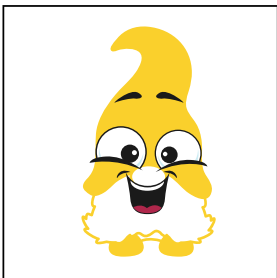
worried
anxious
nervous



sad
upset
confused



happy
content
calm



excited
thrilled
delighted