

# How am I feeling today?



## Happy, excited, relaxed

- Smile! You are feeling great!



## Nervous, worried, confused

- Think of something happy or do something to get your mind off it!



## Frustrated, annoyed, upset

- Take deep breaths, count to ten, find a quiet space to cool down



## Angry, furious, very sad, anxious

- STOP and ask for help!