

# 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!