Frustrated

Embarrassed

Sad

Mad

This is how I feel today!

Nervous

Happy

Proud

Scared

Loved

Lonely

Feeling Wheel

Scared

Happy

Sad

Lonely

Mad

Frustrated

Embarrassed
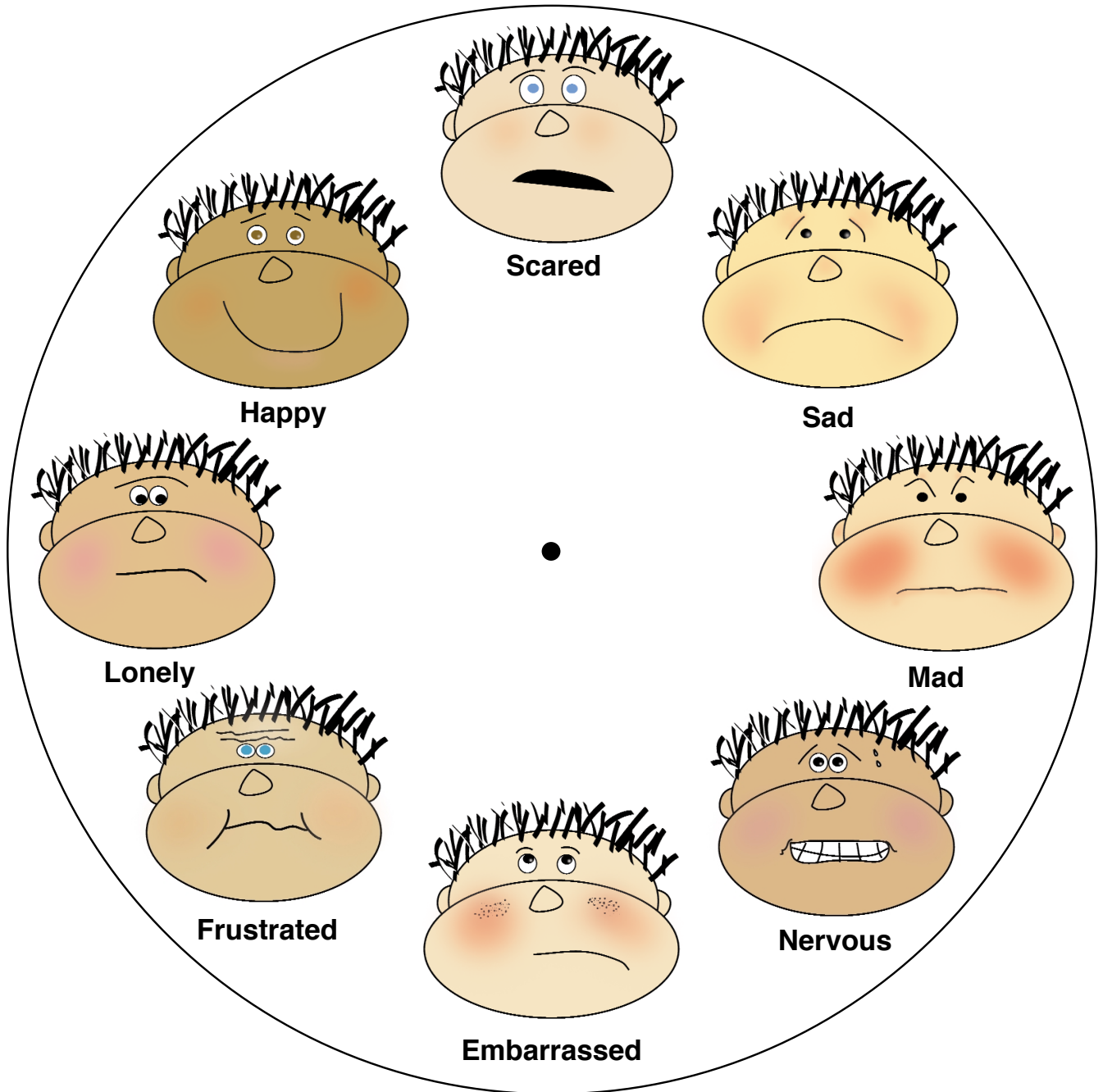
Nervous

Relaxation Thermometer
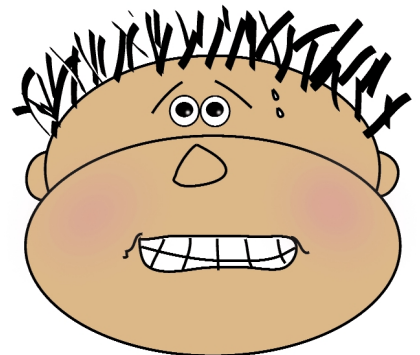
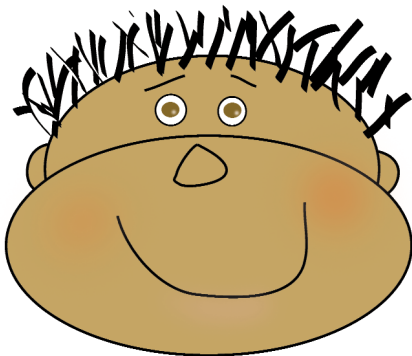**Mad**

Take 3
deep breaths
1…2…3

Relaxed

Frustrated

Embarrassed

Sad

Mad
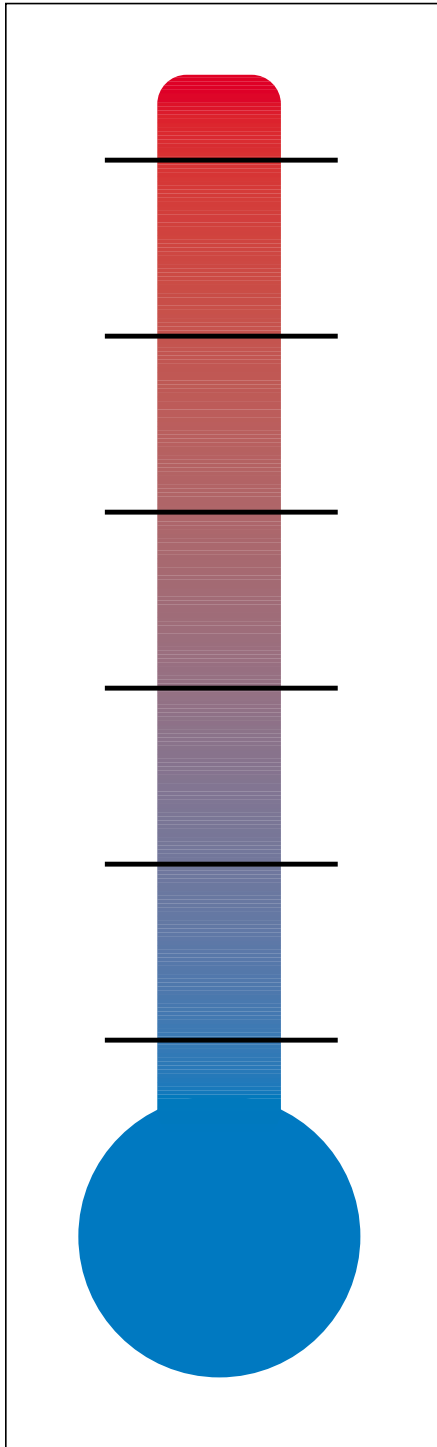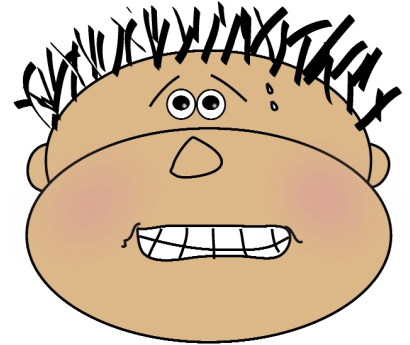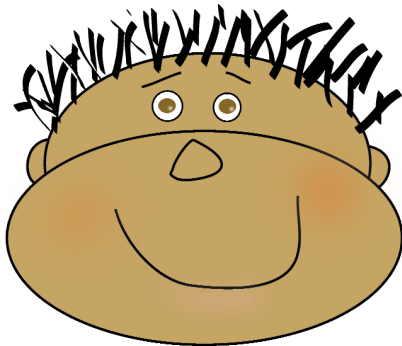
Scared

Nervous

Happy

Loved

Proud

Lonely