

My Feelings Chart

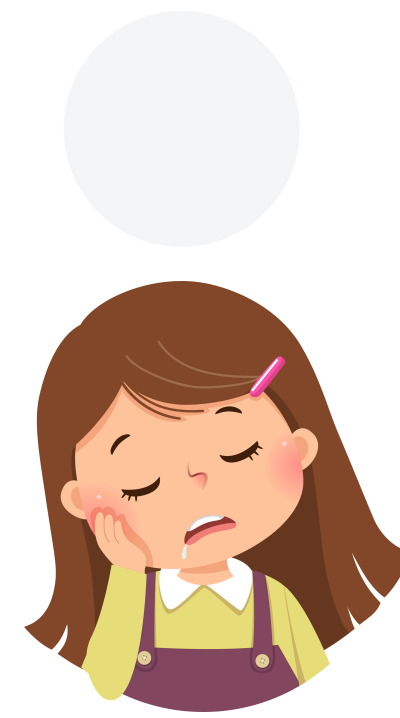
How do I feel?



Happy



Sad



Tired

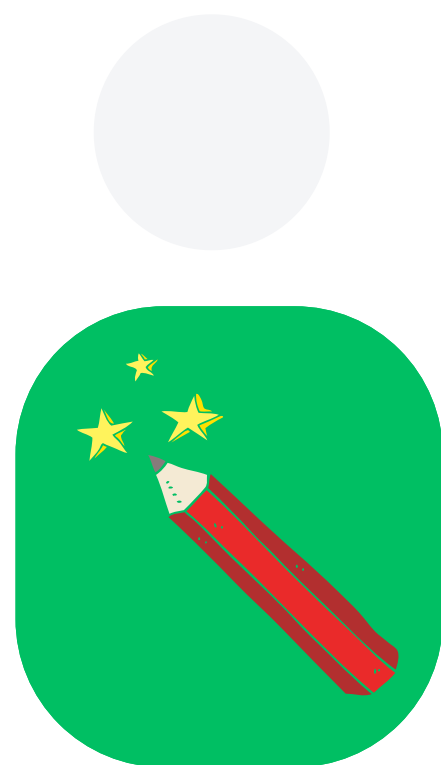


Worried

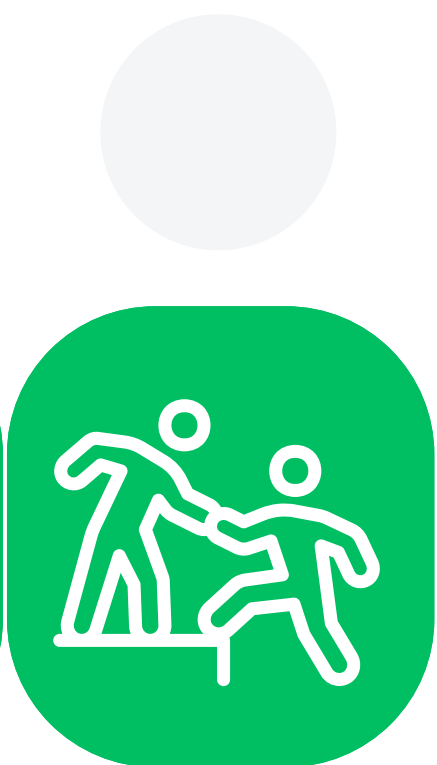


Angry

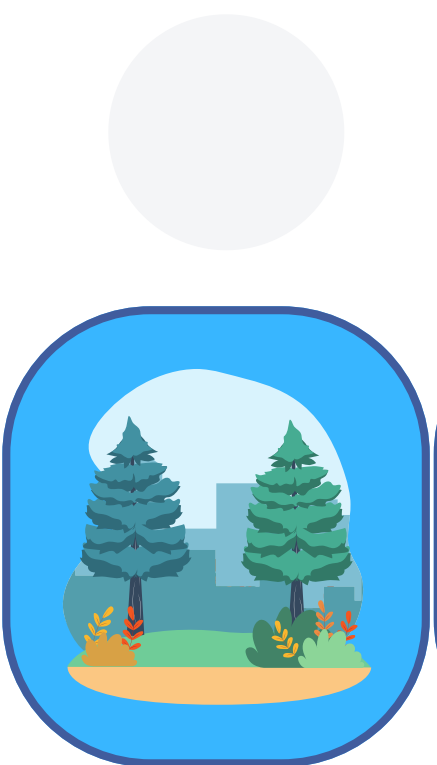
My Choices



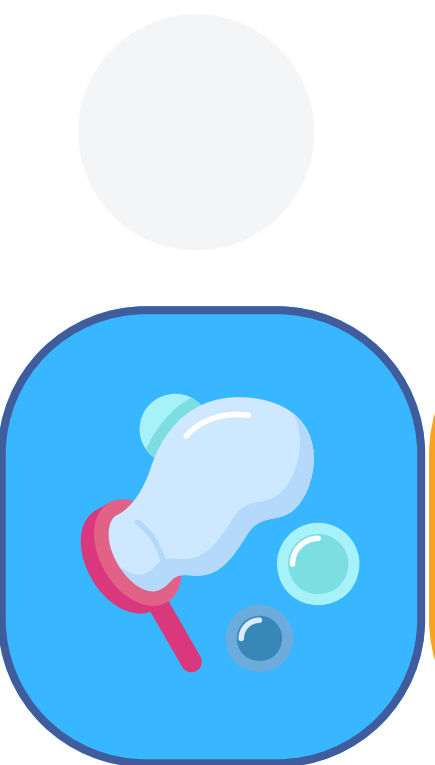
Ready to learn!



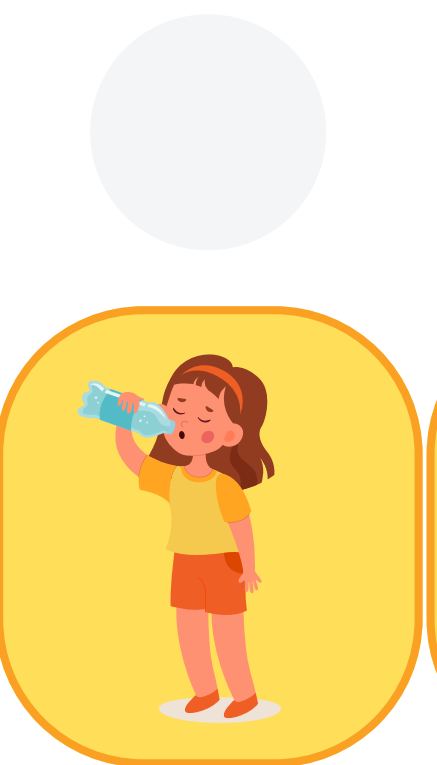
Help others



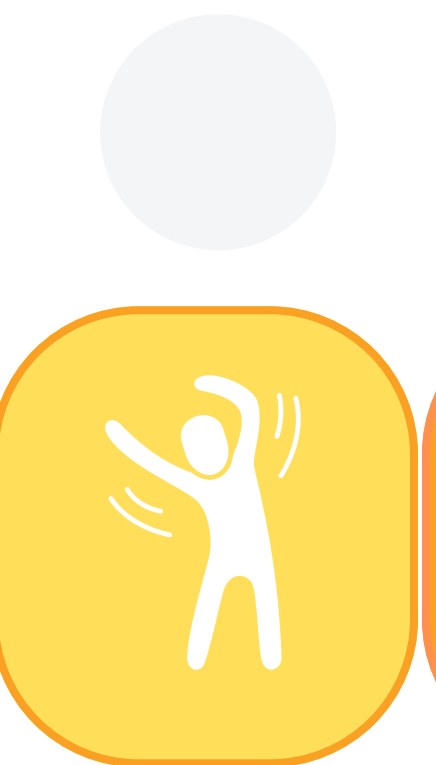
Go outside



Blow bubbles



Have a drink



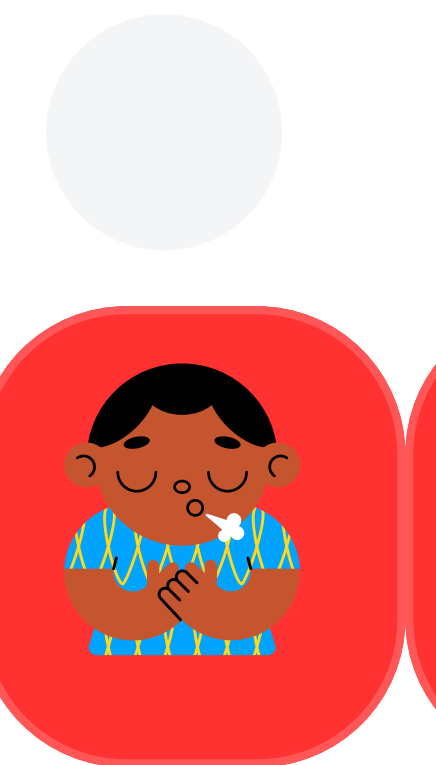
Movement break



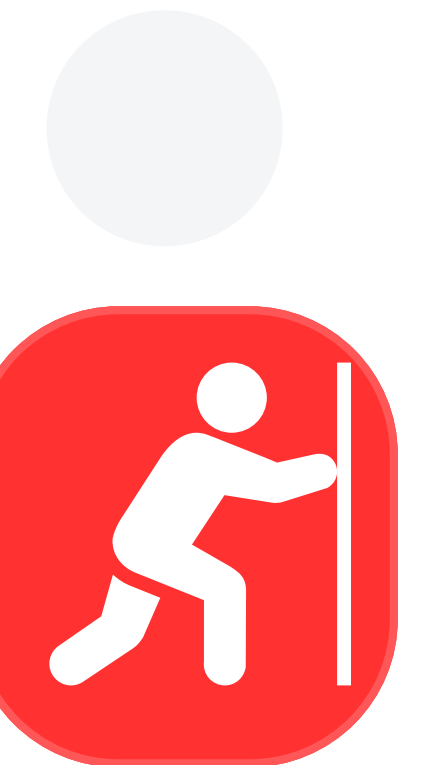
Talk to someone



Draw a picture



Calm breathing



Wall push ups