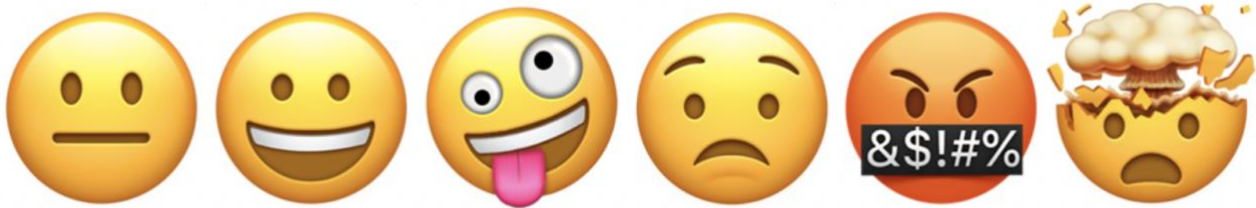




## What's happening?

Emojis show lots of feelings. Do you ever feel like these emojis?

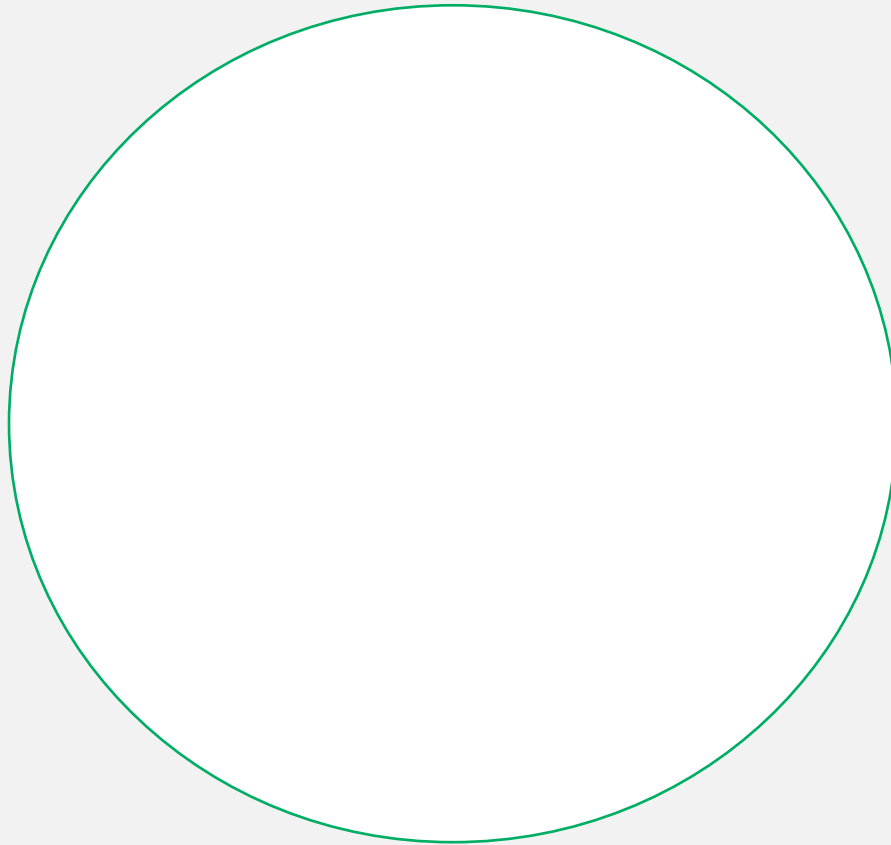


Circle which one you feel like now





Draw an emoji of when you feel good

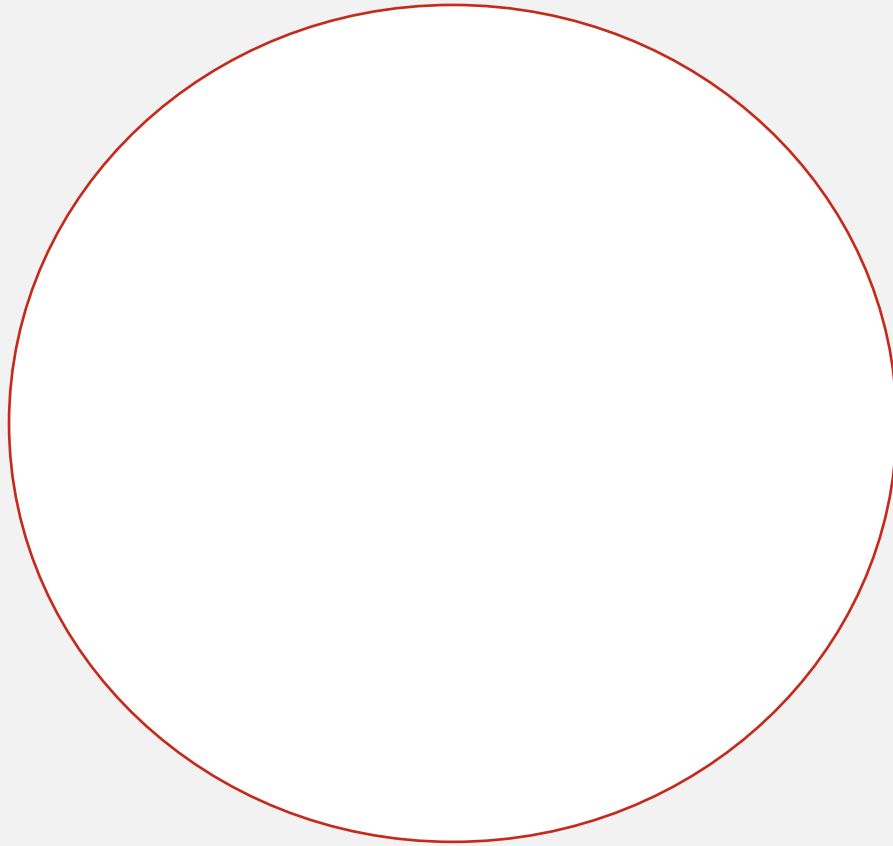


Can you draw or write what makes you feel good?





Draw an emoji of when you feel bad



Can you draw or write what makes you feel bad?

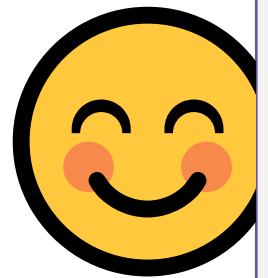




## What helps you go from angry to happy?



- 1.
- 2.
- 3.
- 4.





Well done!!



Understanding  
what you feel like is key!

