

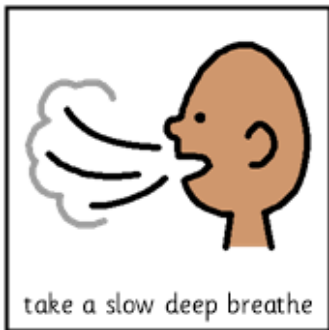
There are lots of feelings I can feel.

Sometimes I might need help.

This book will give me choices to show how I can react to how I feel.



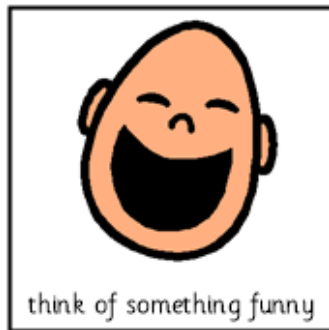
think about something that makes me feel happy



take a slow deep breathe



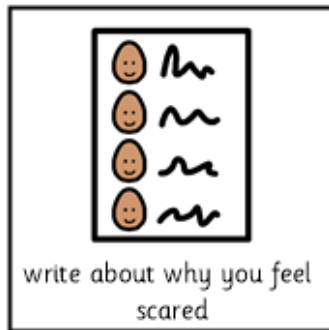
tell someone



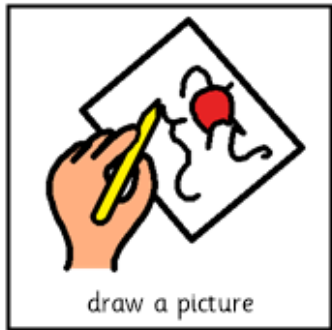
think of something funny



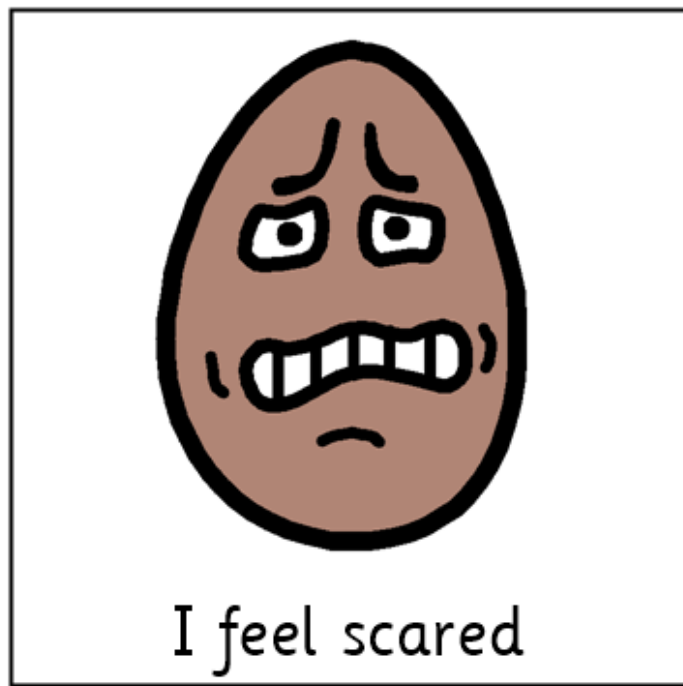
ask for a cuddle



write about why you feel scared



draw a picture



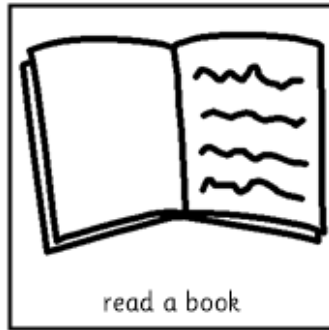
I feel scared



go for a walk



listen to music



read a book



play

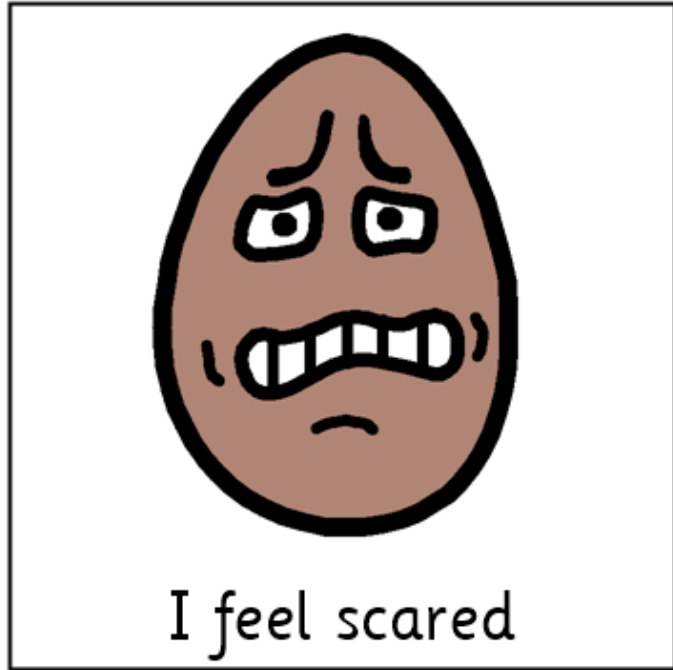
other words for scared

terrified	petrified	frightened	afraid
fearful	alarmed	intimidated	horrified



something else

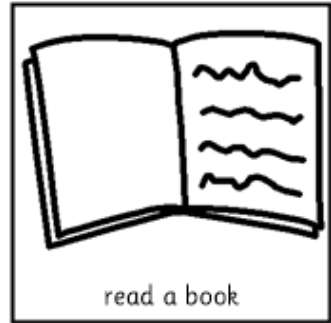
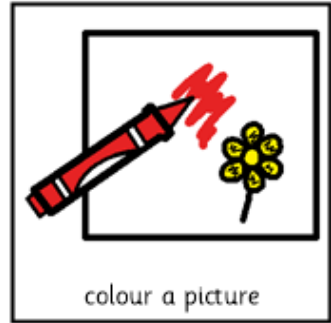
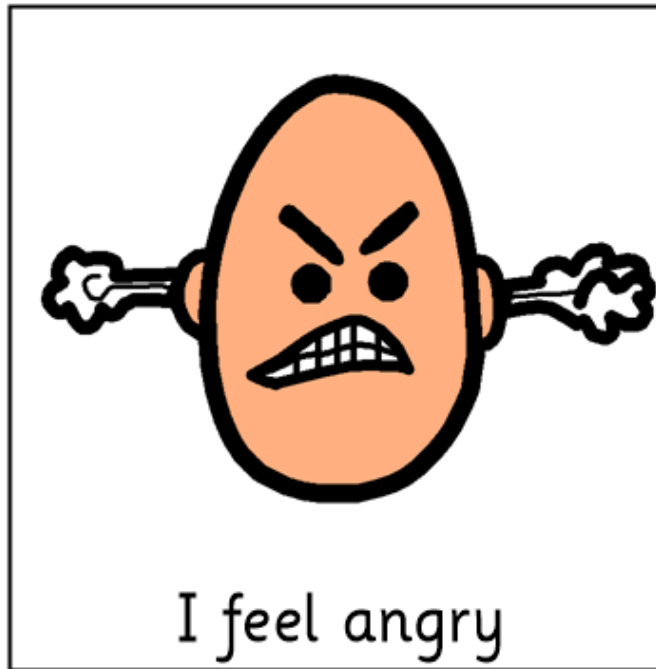
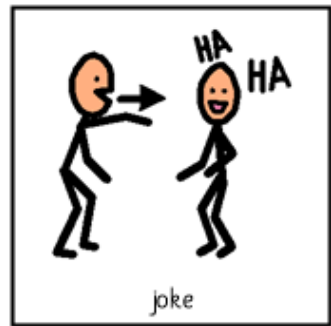
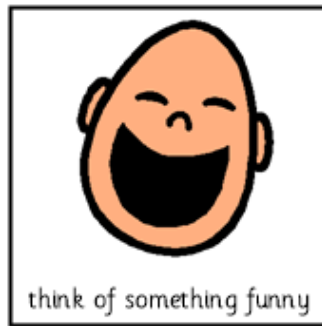
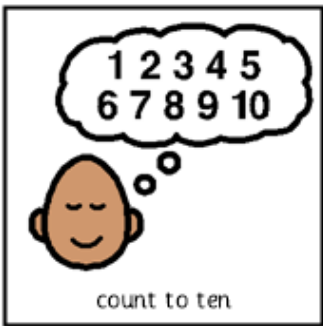
I can choose something to help me to feel better..



other words for scared

- | | | | |
|-----------|-----------|-------------|-----------|
| terrified | petrified | frightened | afraid |
| fearful | alarmed | intimidated | horrified |

I can choose something to help me to feel better..



other words for angry

cross	raging	annoyed	irritated
furious	infuriated	irate	hopping mad



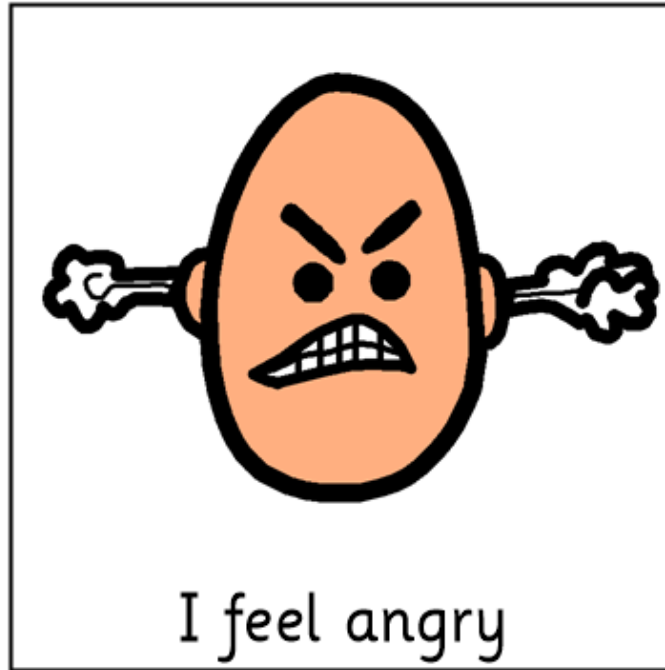
I can choose something to help me to feel better..

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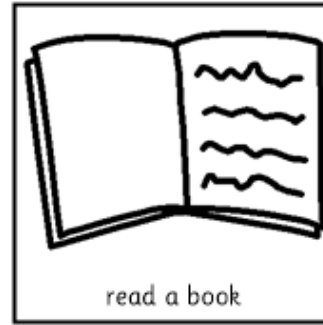
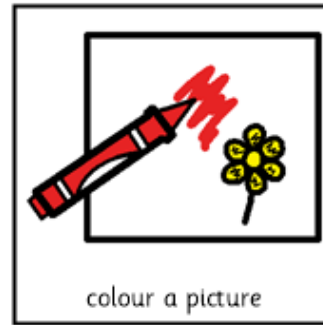
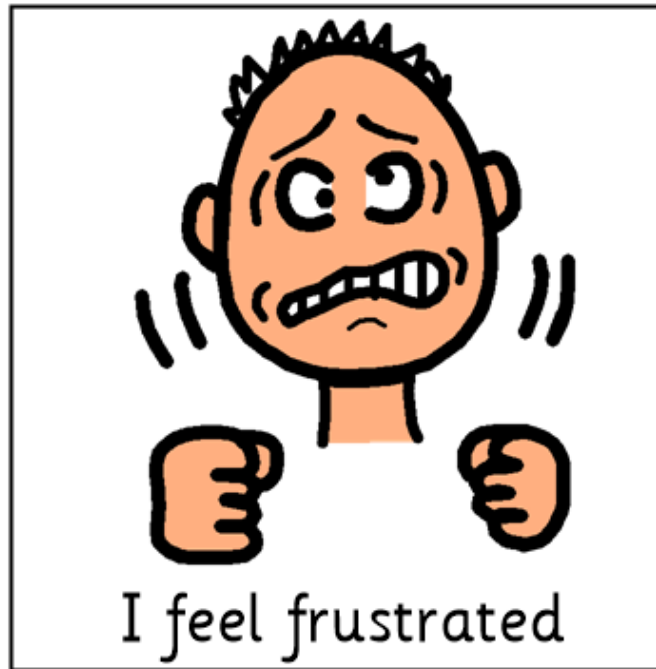
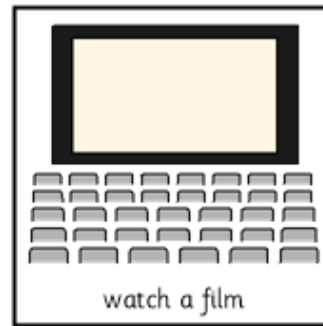
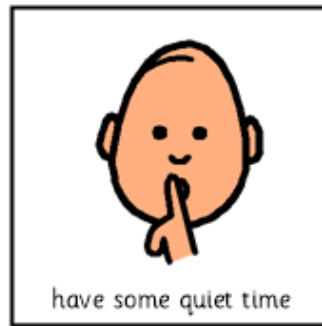
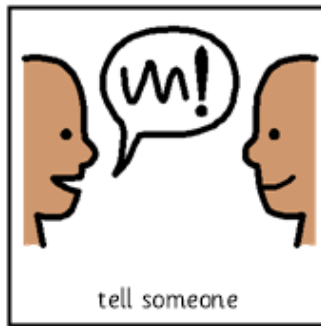
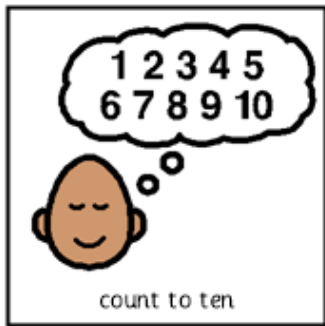
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cross	raging	annoyed	irritated
furious	infuriated	irate	hopping mad

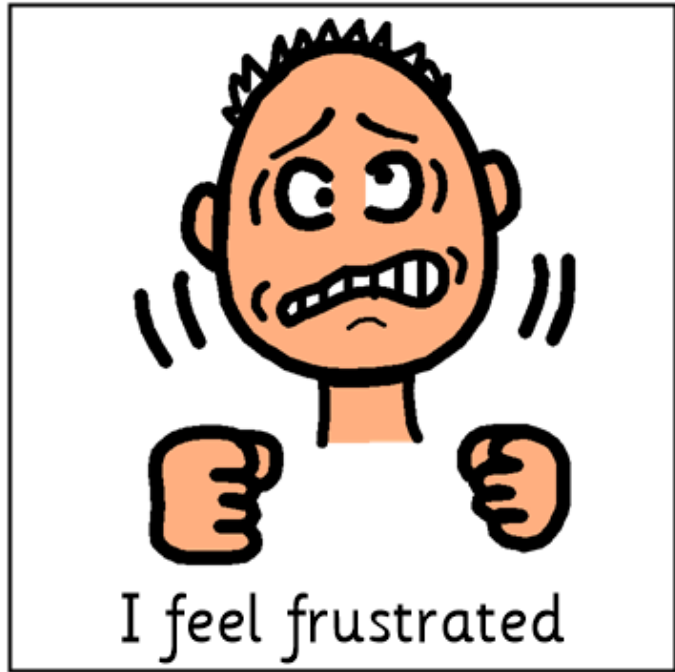
I can choose something to help me to feel better.



- other words for frustrated
- | | | | |
|-------------|--------------|------------|-----------|
| infuriated | annoyed | bug | aggravate |
| discouraged | disheartened | dissatisfy | wind up |



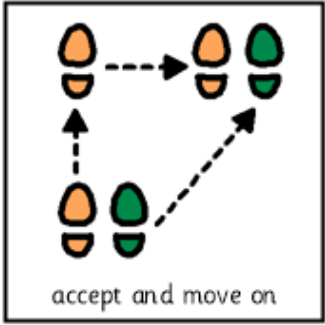
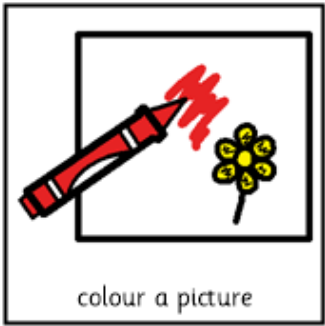
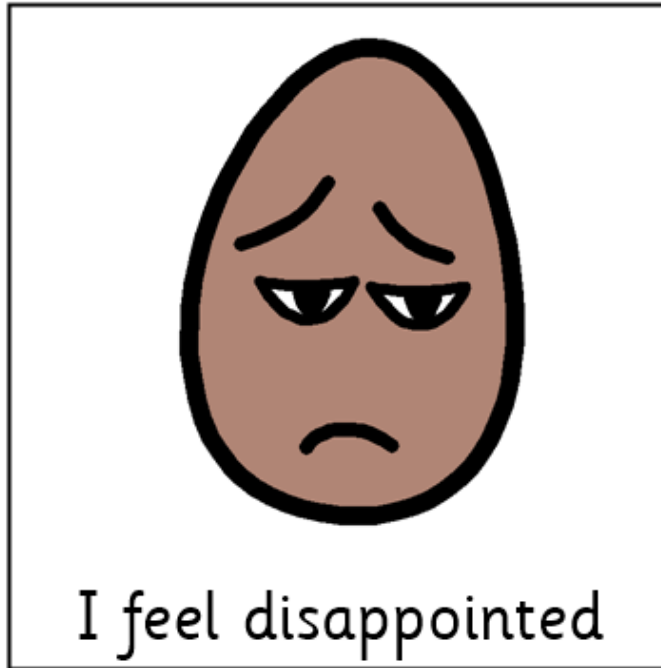
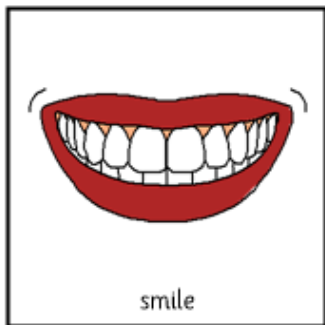
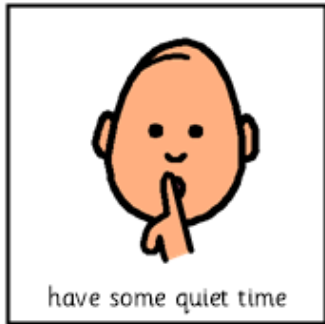
I can choose something to help me to feel better.



other words for frustrated

- | | | | |
|-------------|--------------|------------|-----------|
| infuriated | annoyed | bug | aggravate |
| discouraged | disheartened | dissatisfy | wind up |

I can choose something to help me to feel better..



other words for disappointed

saddened	upset	let down	disheartened
discouraged	dismayed	gutted	disgruntled

I can choose something to help me to feel better..

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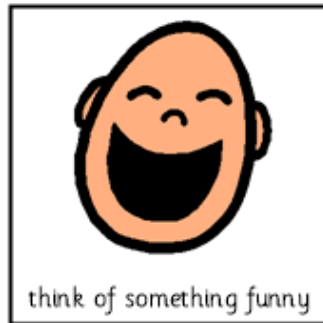
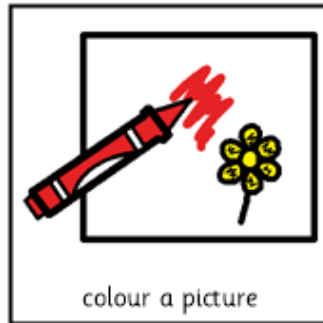
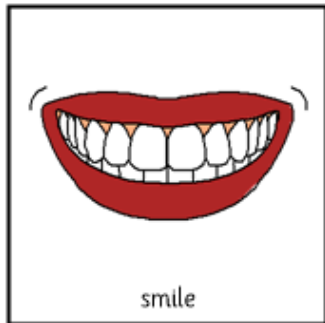
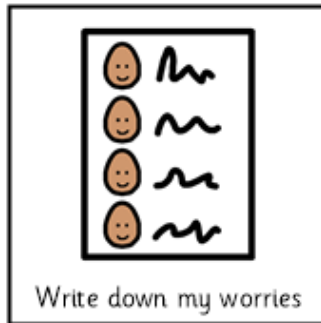
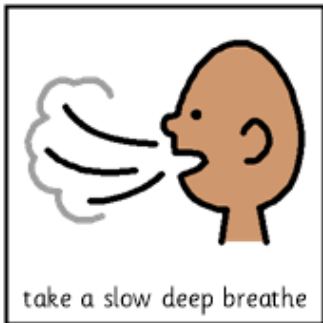
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other words for disappointed			
saddened	upset	let down	disheartened
discouraged	dismayed	gutted	disgruntled

I can choose something to help me to feel better.



other words for worried			
anxious	bothered	troubled	upset
concerned	stressed	agitated	on edge



I can choose something to help me to feel better..

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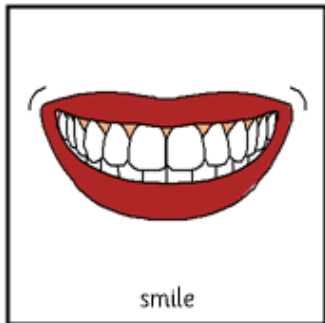
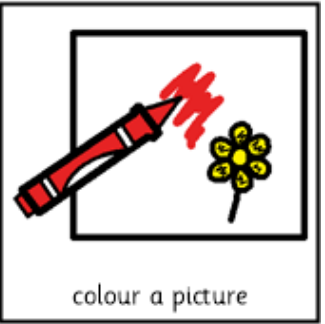
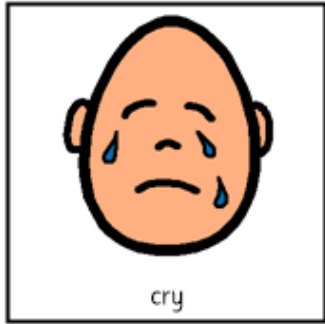
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other words for worried			
anxious	bothered	troubled	upset
concerned	stressed	agitated	on edge

I can choose something to help me to feel better..



other words for sad

upset	hurt	unhappy	sorrowful
down	miserable	blue	gloomy



I can choose something to help me to feel better..

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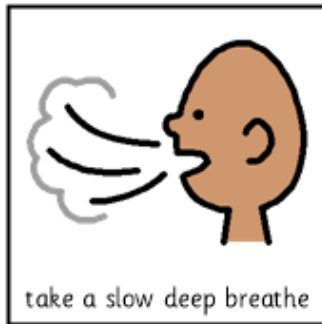
other words for sad

upset	hurt	unhappy	sorrowful
down	miserable	blue	gloomy

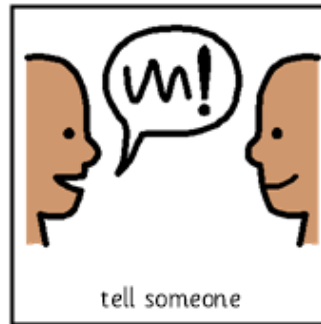
I can choose something to help me to feel better..



think about something



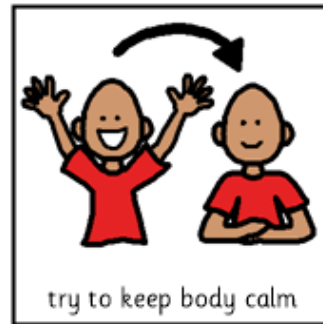
take a slow deep breathe



tell someone



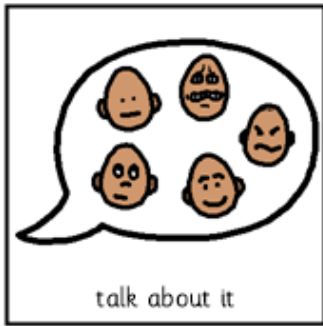
Write a list. I am excited because...



try to keep body calm



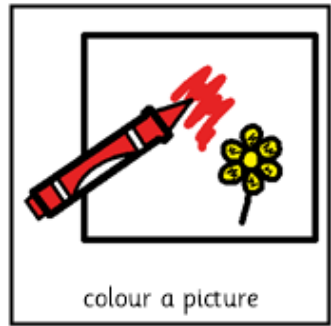
exercise



talk about it



I feel excited



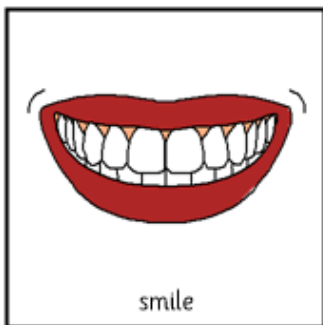
colour a picture



listen to music



mindfulness



smile

other words for excited			
thrilled	eager	enthusiastic	exhilarated
animated	high	hyper	delighted



something else

I can choose something to help me to relax.

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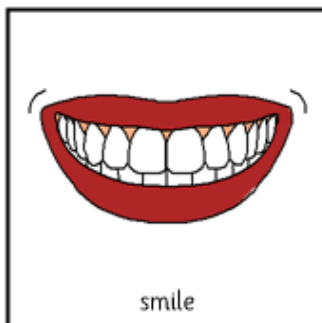
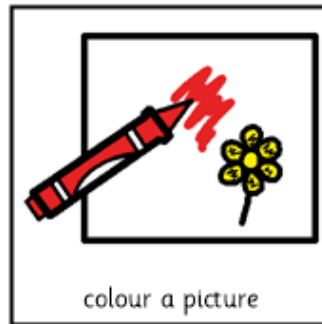
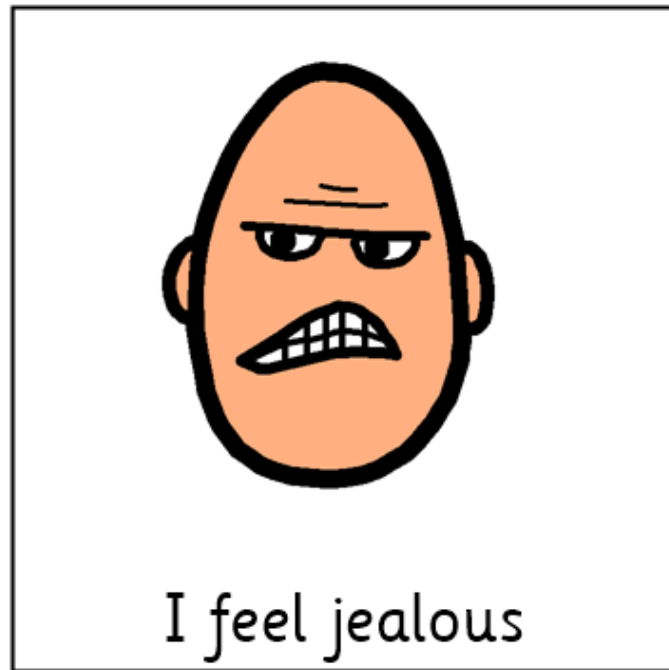
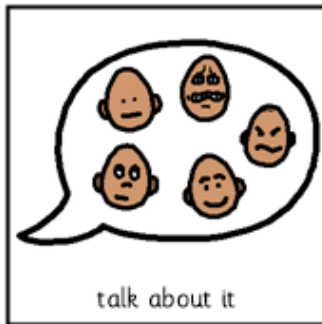
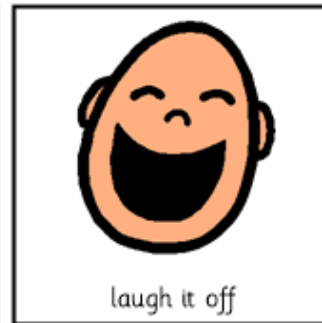
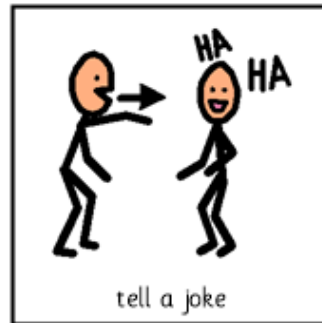
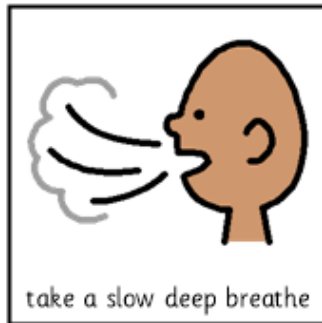
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other words for excited			
thrilled	eager	enthusiastic	exhilarated
animated	high	hyper	delighted

I can choose something to help me to relax.

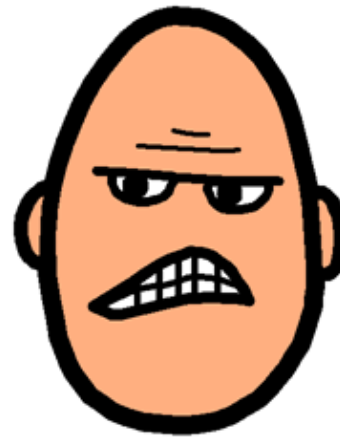


other words for jealous

envy	envious	resentful	bitter
grudging	begrudging	green with envy	



I can choose something to help me to feel better.



I feel jealous

other words for jealous

envy

envious

resentful

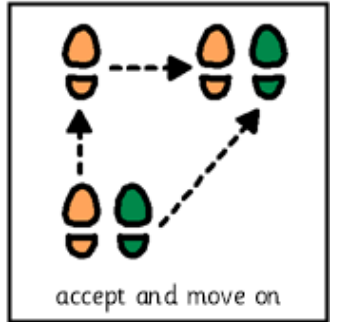
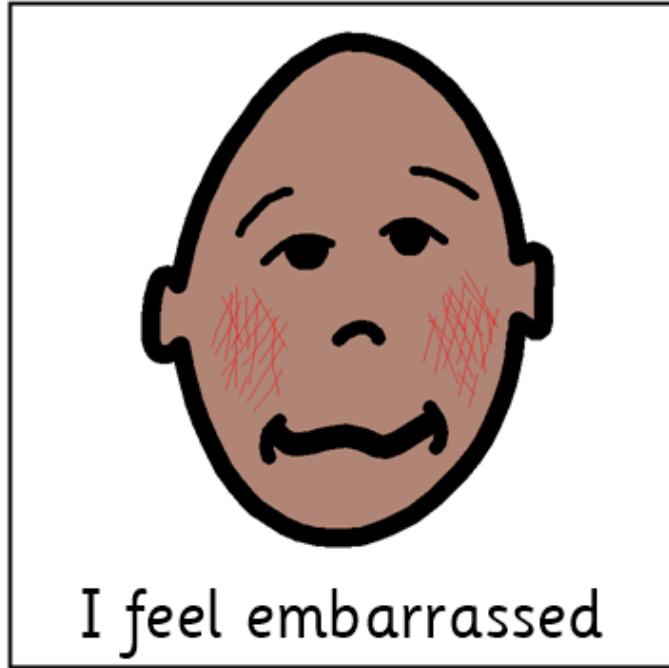
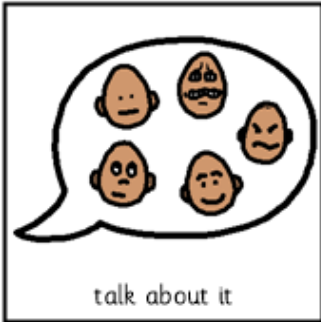
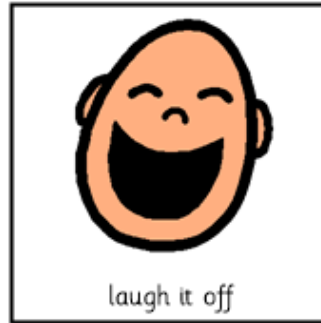
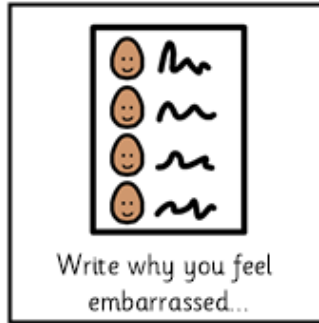
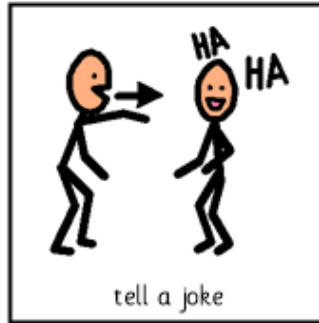
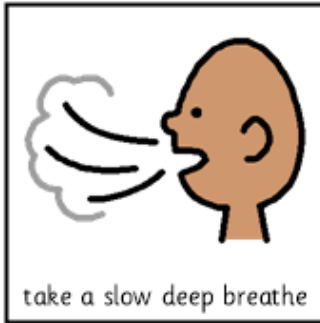
bitter

grudging

begrudging

green with envy

I can choose something to help me to feel better.



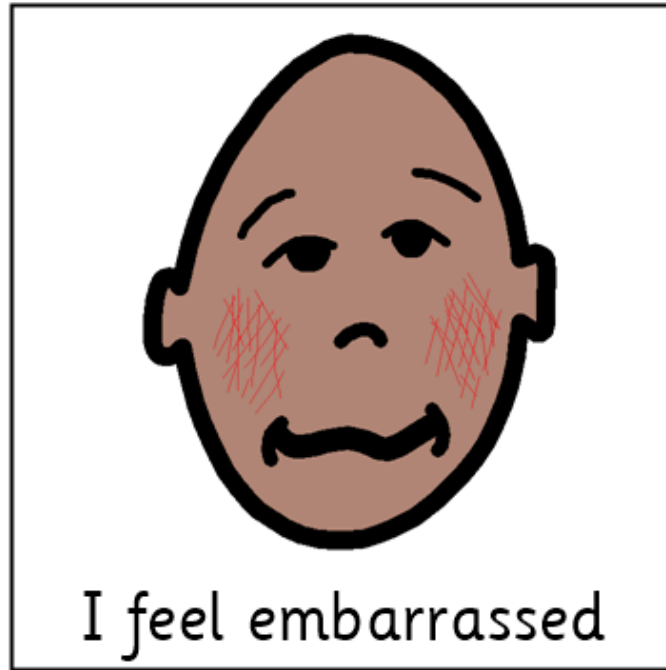
other words for embarrassed			
awkward	humiliated	mortified	uneasy
ashamed	agitated	horrified	sheepish



I can choose something to help me to feel better.

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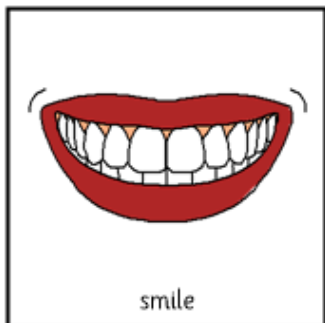
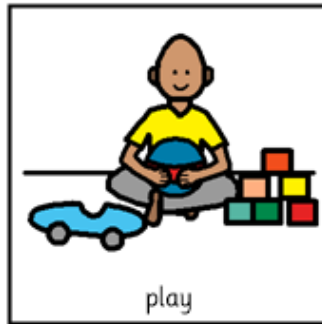
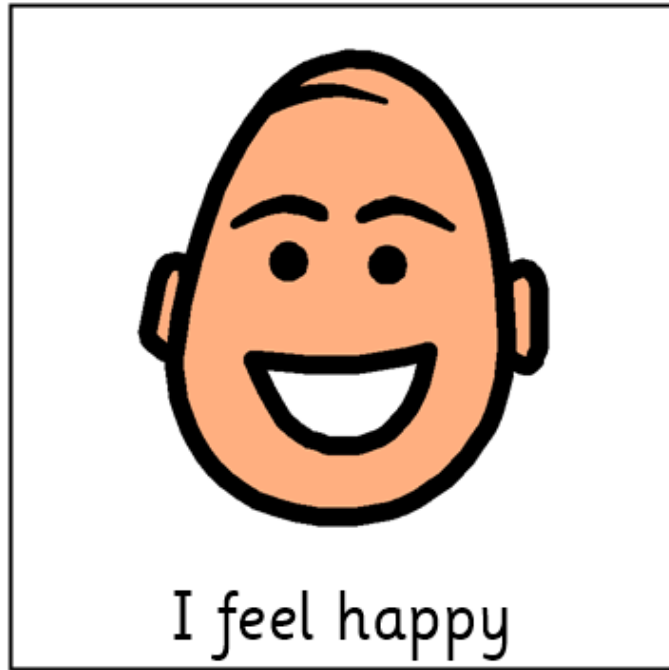
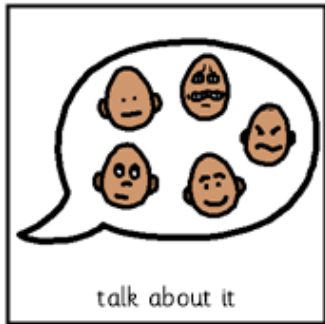
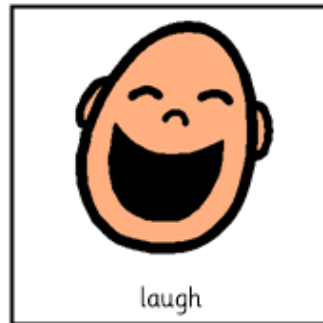
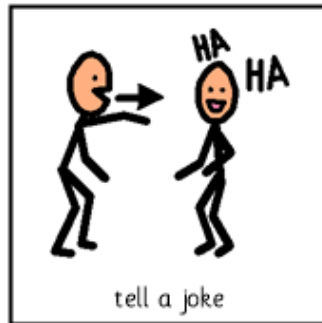
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other words for embarrassed			
awkward	humiliated	mortified	uneasy
ashamed	agitated	horrified	sheepish

I can choose something to help me to feel better.



other words for happy			
cheerful	delighted	joyful	content
merry	jolly	radiant	sunny



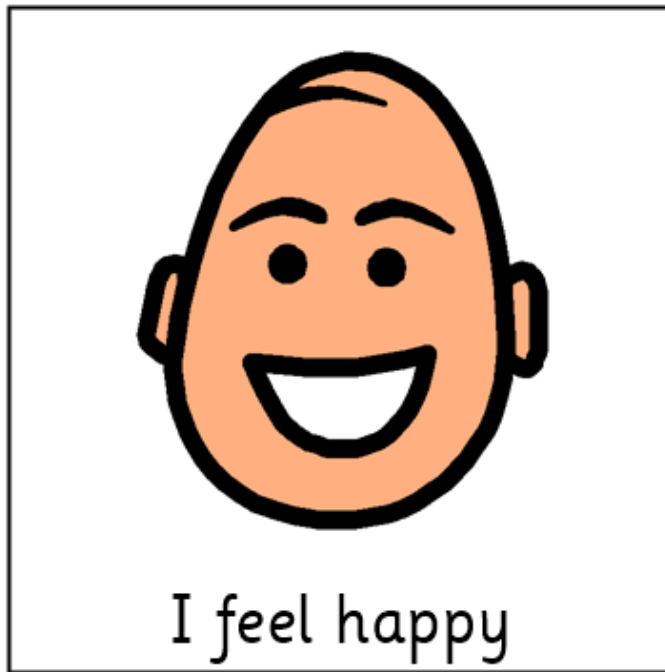
I can choose something to keep me feeling happy.

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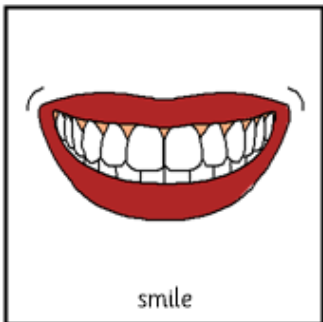
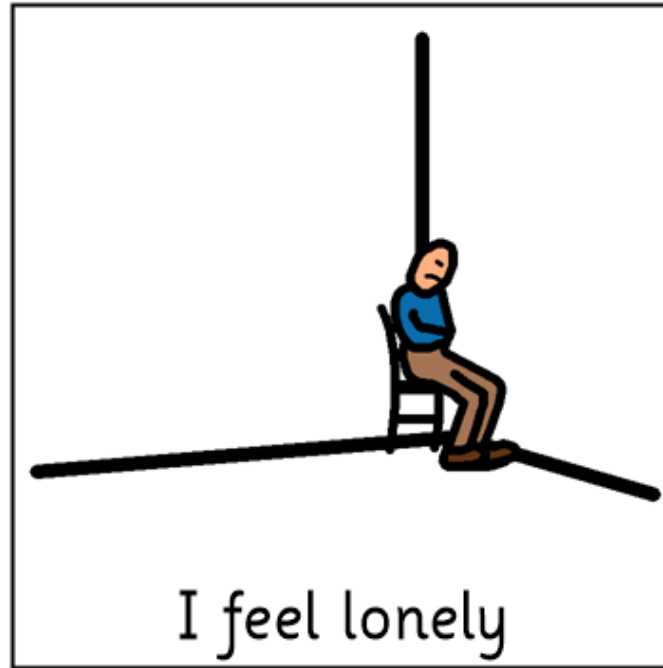
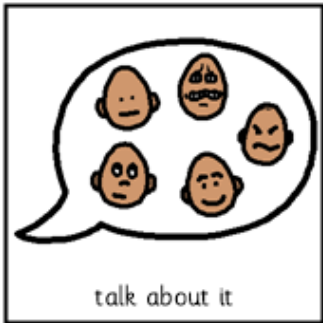
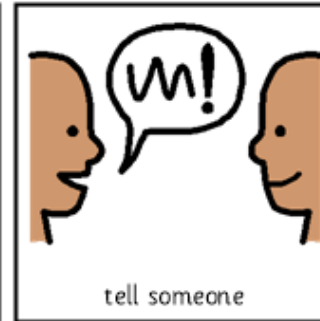
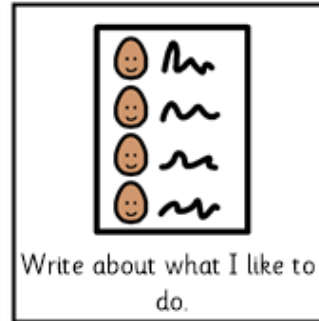
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other words for happy			
cheerful	delighted	joyful	content
merry	jolly	radiant	sunny

I can choose something to keep me feeling happy.



other words for lonely

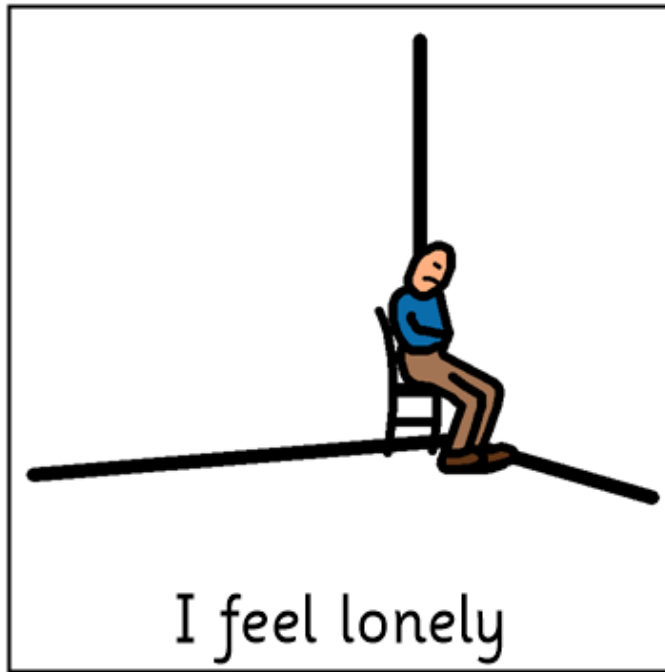
alone	isolated	outcast	rejected
unloved	unhappy	abandoned	forlorn



I can choose something to help me to feel better.

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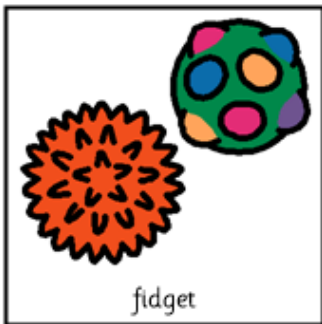
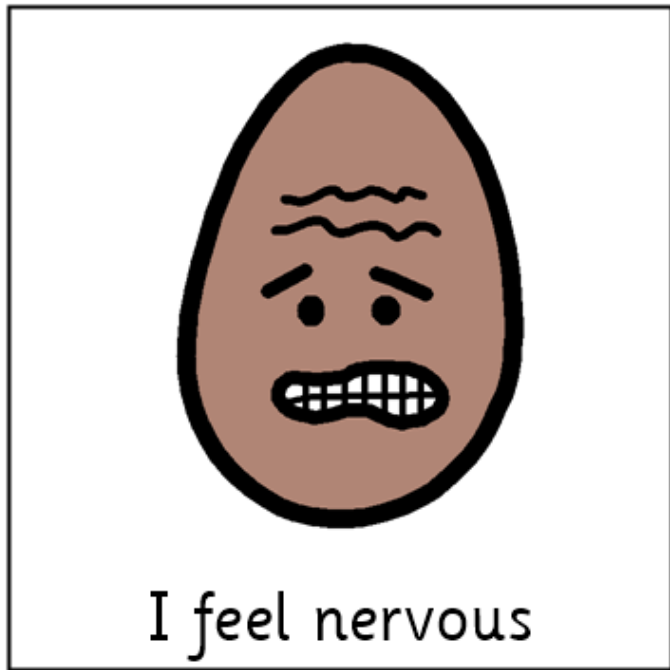
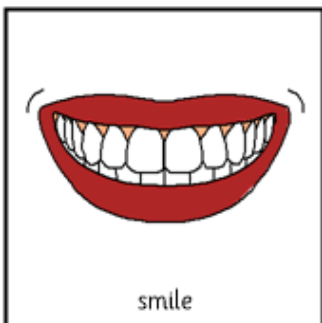
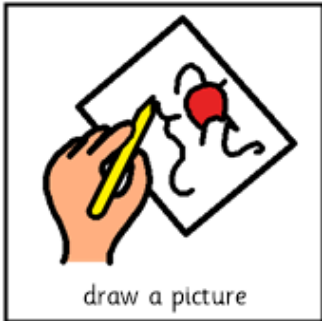
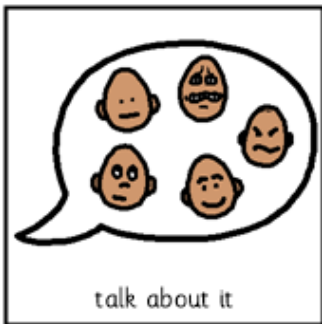
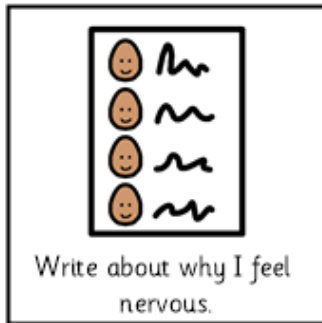
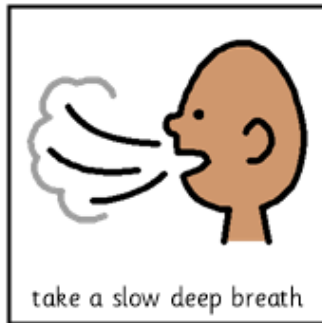
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other words for lonely			
alone	isolated	outcast	rejected
unloved	unhappy	abandoned	forlorn

I can choose something to help me to feel better.

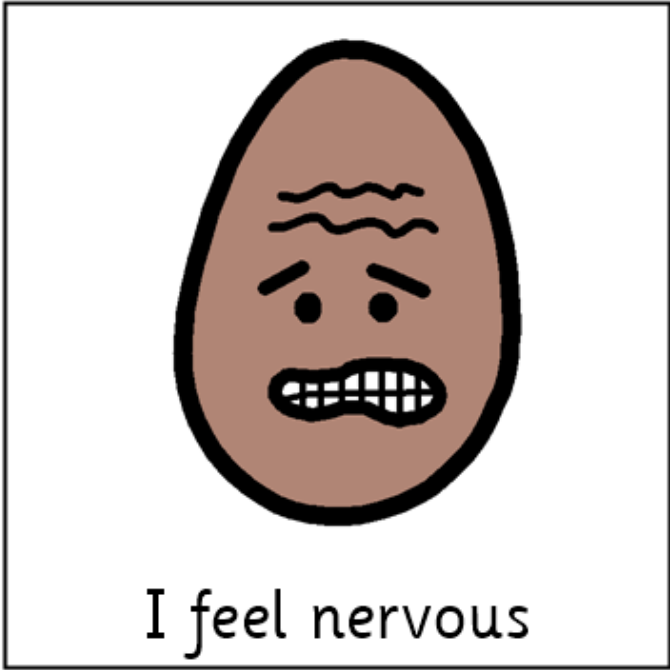


- other words for nervous
- | | | | |
|---------|------------|-------|-----------|
| anxious | edgy | tense | excitable |
| fearful | frightened | jumpy | skittish |

I can choose something to help me to feel better.

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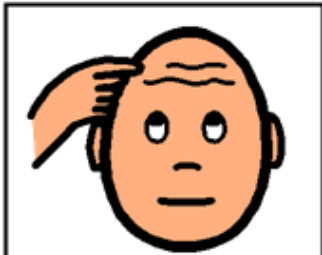
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other words for nervous			
anxious	edgy	tense	excitable
fearful	frightened	jumpy	skittish

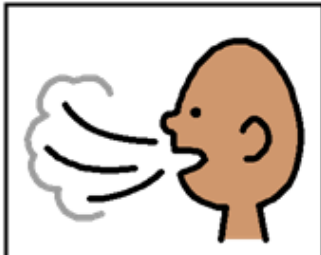
I can choose something to help me to feel better.



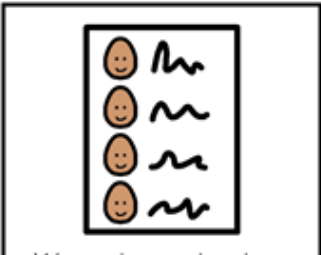
think about why I feel calm



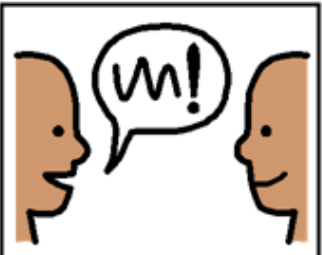
listen to music



take a slow deep breath



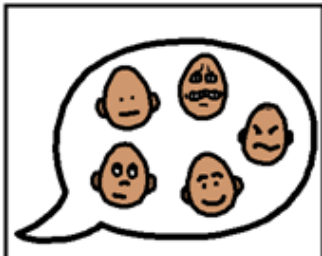
Write about what has made me feel calm .



tell someone



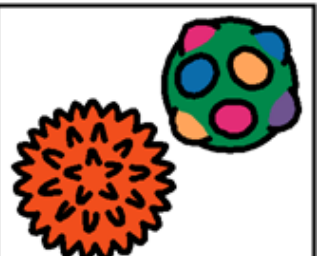
go for a walk



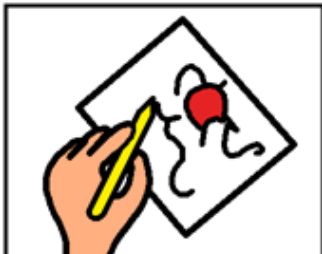
talk about it



I feel calm



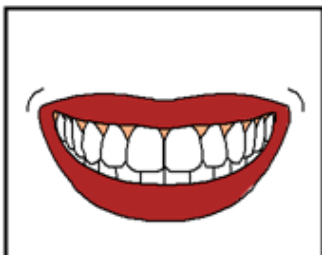
fidget



draw a picture



mindfulness



smile

other words for calm			
relaxed	tranquil	still	serene
undisturbed	peaceful	quiet	chilled



something else

I can choose something to help me to keep calm.

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other words for calm			
relaxed	tranquil	still	serene
undisturbed	peaceful	quiet	chilled

I can choose something to help me to keep calm.