

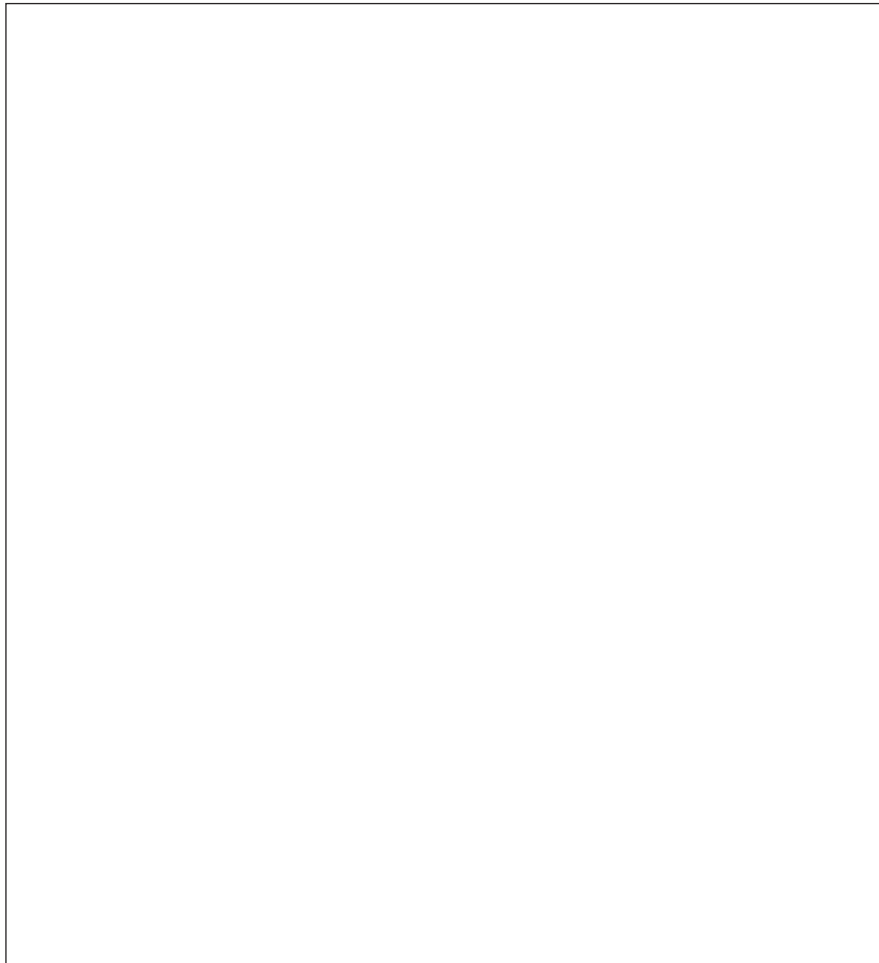
My Emotions - How Do I Feel?

Check In

How do you feel?

In the box, draw your face to show how you feel.

Choose some words that best describe how you feel and add those around your drawing. You could add more of your own words as well.



happy
sad
angry

upset
worried
scared

nervous
confused
excited

frustrated
annoyed
anxious

Talk to an adult or a friend or write in the box below.

Can you explain why you feel this way?
