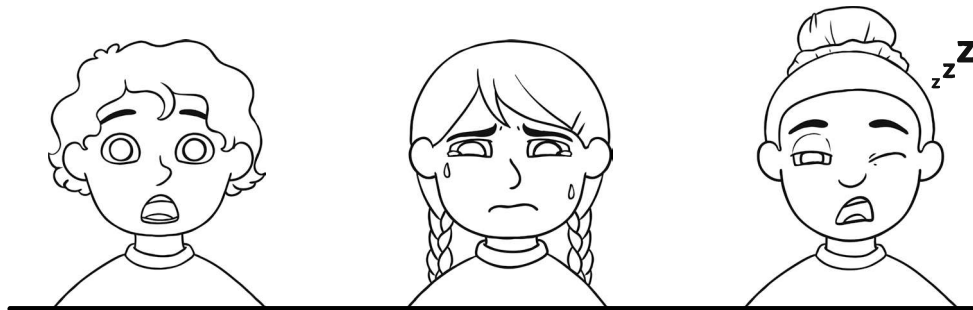
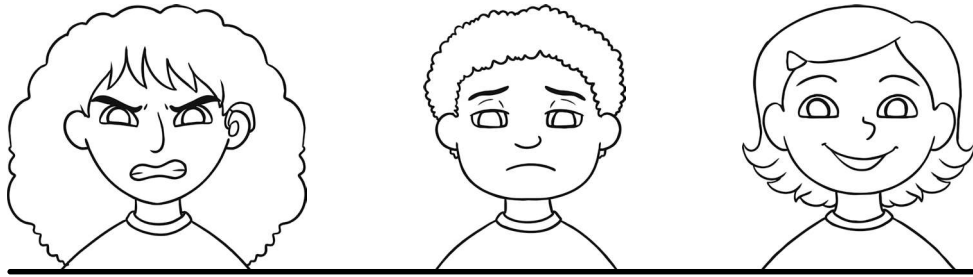


# My Feelings



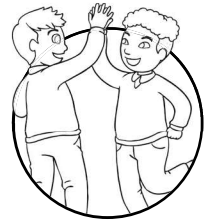
# How are you feeling?



Colour in the faces that match how you feel.

# Helping each other will make us both feel good.

Write one thing you think a great friend does.



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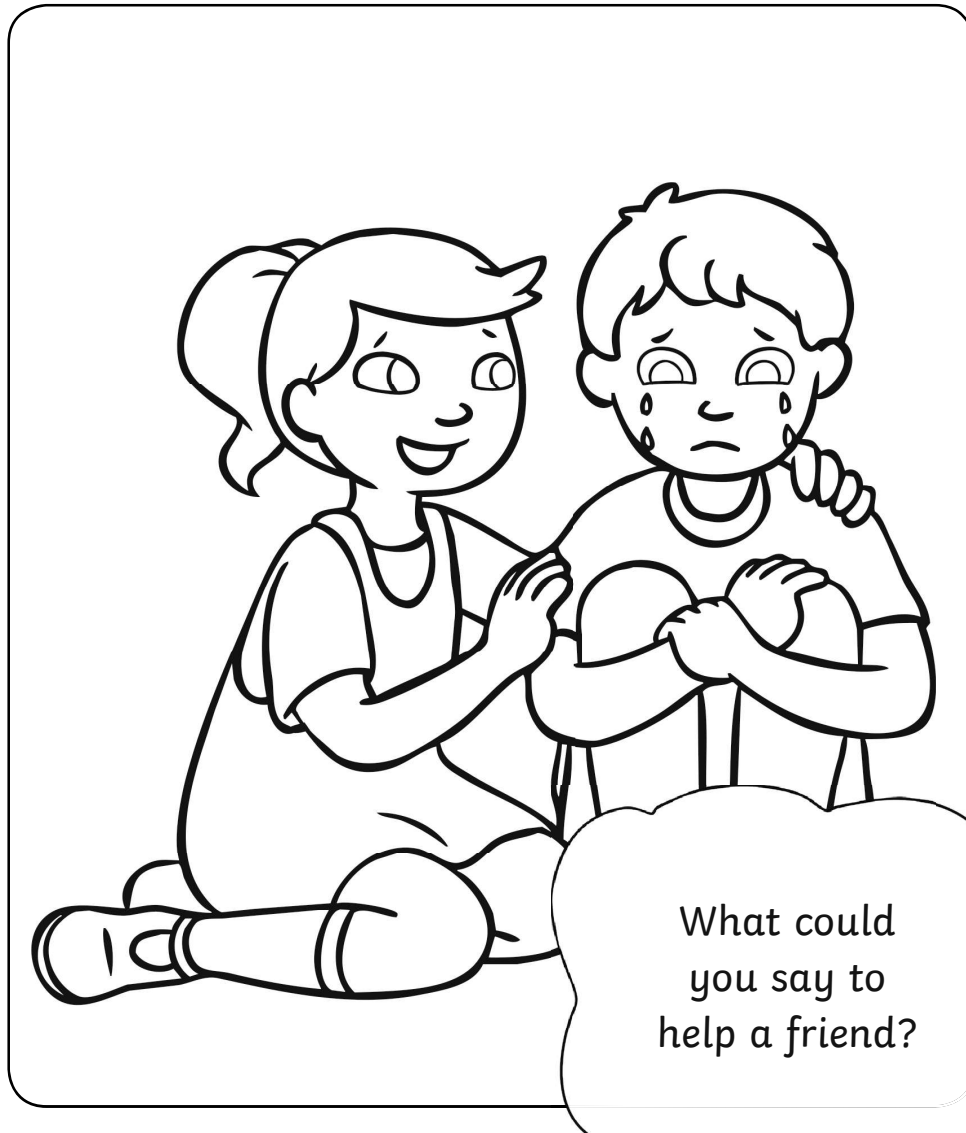
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# Sharing our feelings can help us feel better.



# Do other people feel the same as you?

How do you think this child is feeling?



# What makes you feel happy?

Draw and label yourself feeling happy.



# Sometimes we feel sad.

Draw what you do when you are feeling sad.



# Sometimes we feel happy.

Write what you like to do when you are happy.



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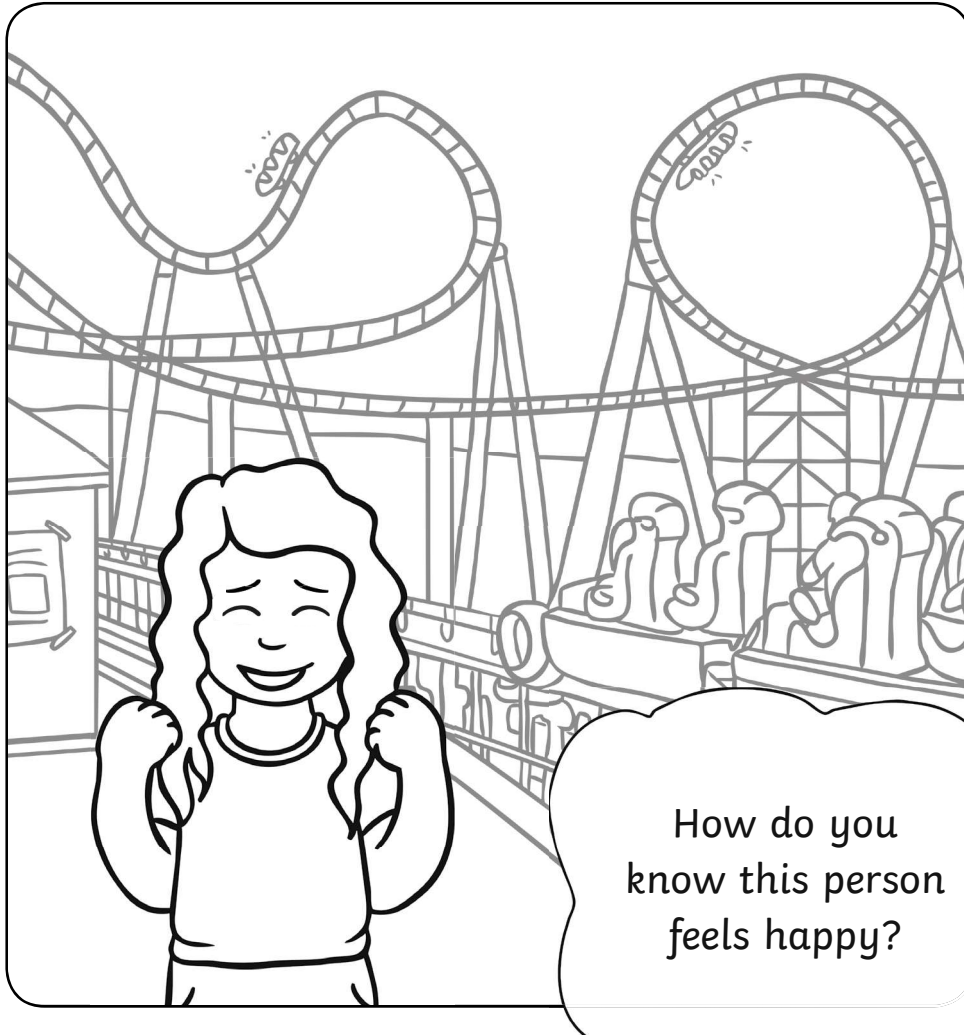
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# There are feelings we like and don't like having.

How do you think this child is feeling?



**Feelings are how our body tells us everything is okay or not okay.**



**All feelings are okay.**

How do you know this child feels sad?

