



**Frustrated**



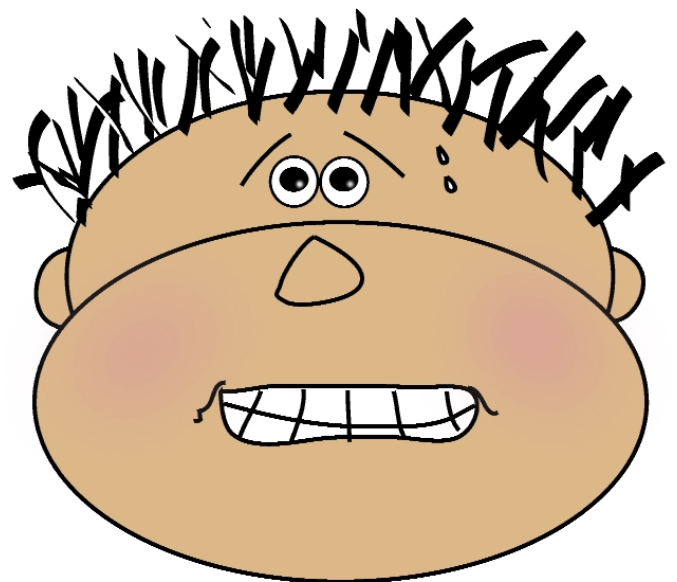
**Embarrassed**



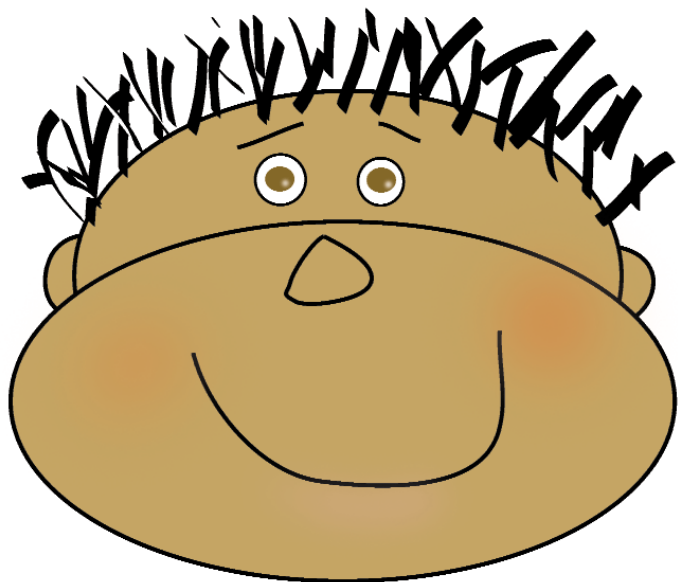
**Sad**



**Mad**



**Nervous**



**Happy**

**This  
is  
how  
I  
feel  
today!**



**Proud**



**Scared**

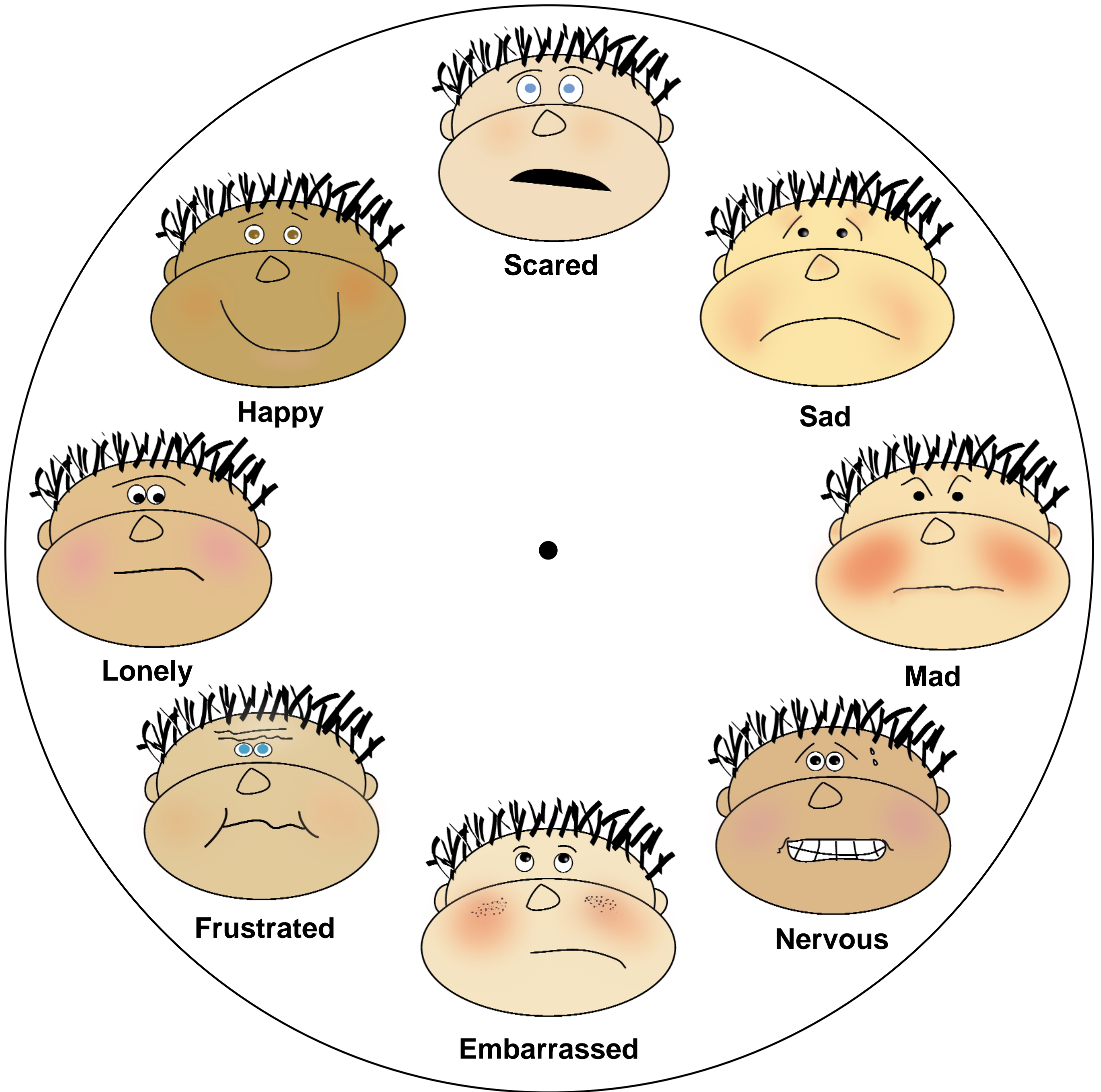


**Loved**

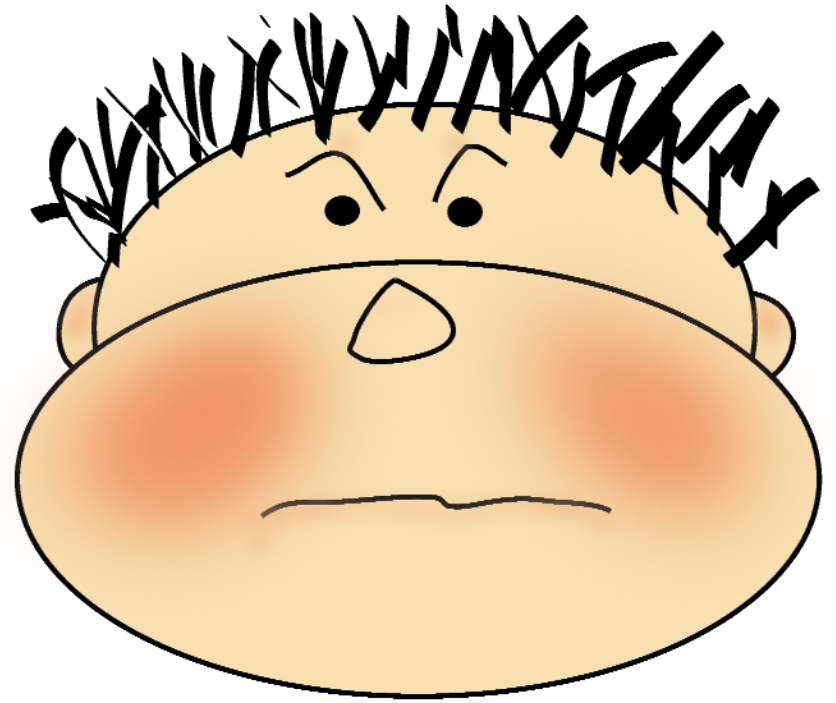
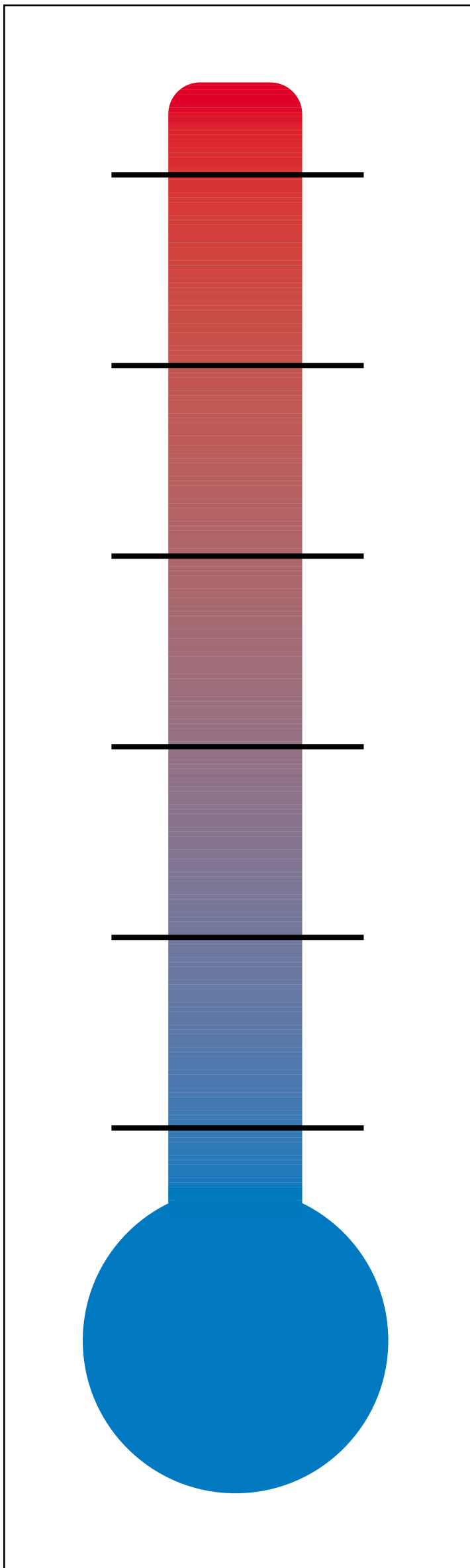


**Lonely**

# Feeling Wheel



# Relaxation Thermometer



**Mad**

**Take 3  
deep breaths  
1...2...3**



**Relaxed**





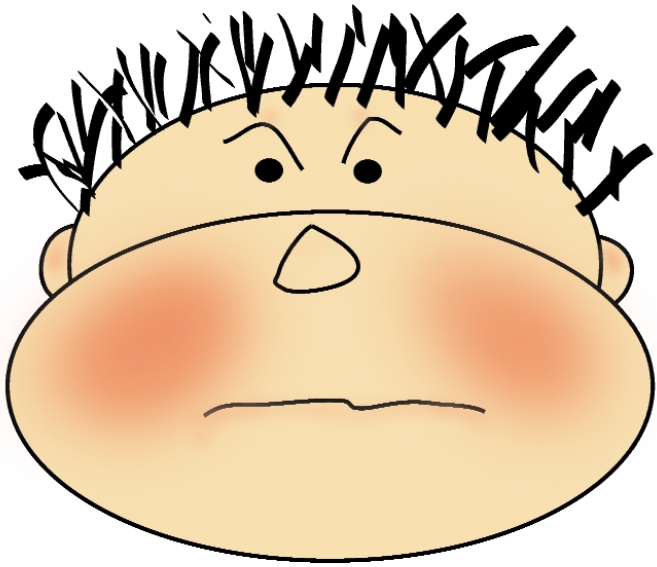
**Frustrated**



**Embarrassed**



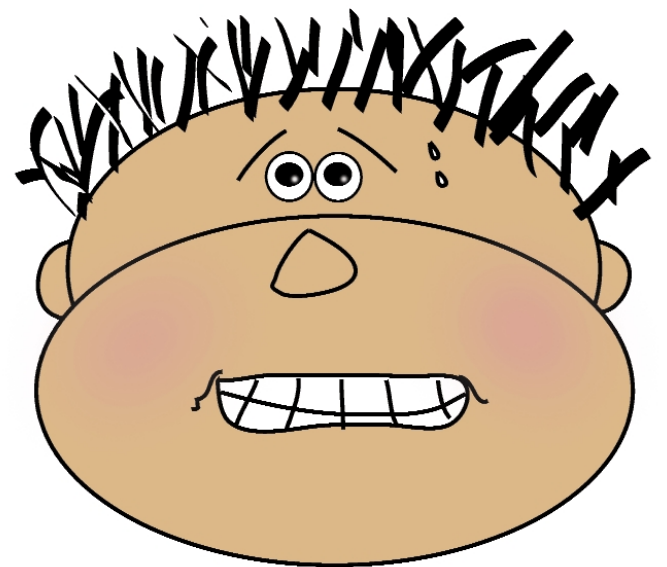
**Sad**



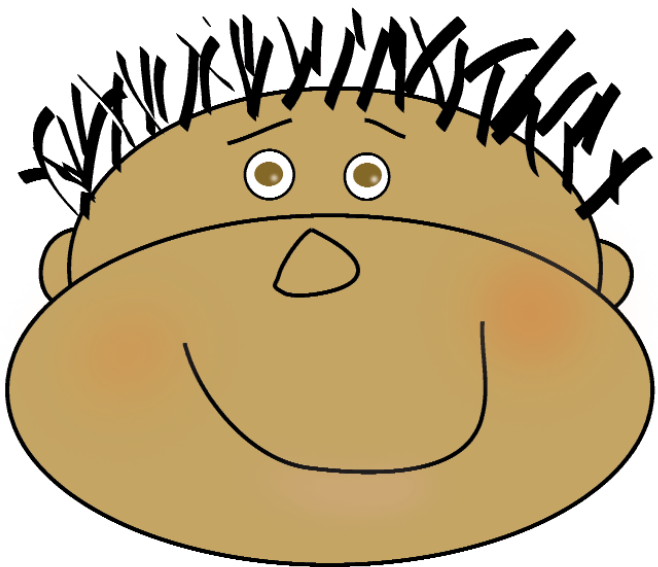
**Mad**



**Scared**



**Nervous**



**Happy**



**Loved**



**Proud**



**Lonely**