

# How do you **FEEL** TODAY?

5

## ANGRY

Feeling angry might feel like you have a storm inside you. You can manage anger by taking deep breaths or talking about what's bothering you, to find a solution.

4

## FRUSTRATED

Feeling frustrated can be like trying to solve a puzzle, but the pieces just won't fit together the way you want them to. Taking a break or talking to someone about how you're feeling can help.

3

## WORRIED

Feeling worried can feel like you're thinking a lot about something that might happen, or feeling anxious about something that's on your mind. Talking to someone about what is on your mind, can help you to feel less worried.

2

## SAD

When you're feeling sad, you might feel like crying or being alone. It's okay to feel sad sometimes; it can help to share your feelings with someone you trust.

1

## CALM

Feeling calm can feel like being in a peaceful place inside yourself, where everything feels steady. Being calm helps you think clearly, even when things are busy.

0

## HAPPY

Feeling happy is when you feel really good inside, like when you're smiling and having fun. Being happy helps us enjoy life and feel good about ourselves and others.

Remember, it is OK to feel any emotion, and that we can choose how we react and the choices we make.



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