

How I Feel



Excited



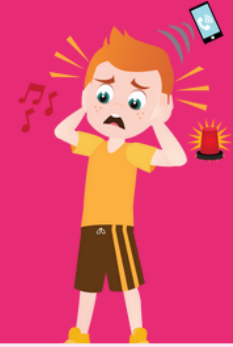
Angry



Anxious



Sad



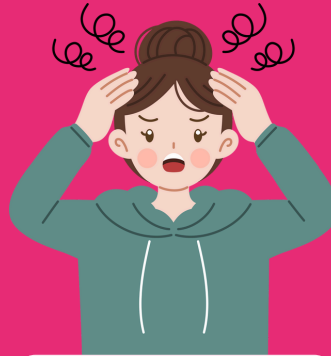
Overwhelmed



Happy



Proud



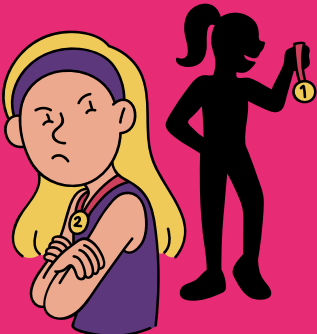
Frustrated



Confused



Scared



Jealous



Love

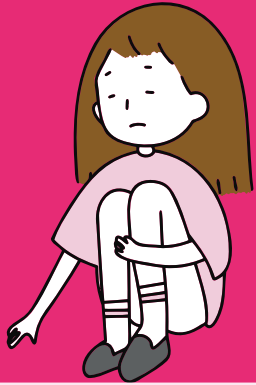


Tired



Energetic

What I Need



Alone Time



Blanket



Bubbles



Counting



Soft Toy



Deep Breaths



Get Moving



Music



Screen Time



Sensory Toys



Reading



Cuddle

What's Bothering Me



Smell



Touch



Noise



Taste



Cold



Hot



Tired



Overwhelmed



Too Many People



Hungry or Thirsty



Poorly



Trapped