

# EXPLORE YOUR FEELINGS

HAPPY	SAD	FRUSTRATION	ANGER
HOW DOES YOUR BODY FEEL?	HOW DOES YOUR BODY FEEL?	HOW DOES YOUR BODY FEEL?	HOW DOES YOUR BODY FEEL?
WHAT MAKES YOU HAPPY?	WHAT DO YOU SAY WHEN YOU'RE SAD?	WHAT DO YOU DO WHEN YOU'RE FRUSTRATED?	WHAT HELPS YOU WHEN YOU'RE ANGRY?