## **How I Feel**

I feel: \_\_\_\_\_

Нарру	Mad	Sad	Glad
Worried	Excited	Bored	Scared
Annoyed	Upset	Sick	Nervous

I feel this way because:	
This is what I did about it:	
	—— <b>\</b>
Something else I could have done is:	

Ask for help	Take deep breaths	Walk away
Do something else	Tell an adult	Talk to a friend