


# MY EMOTIONS

All emotions are okay. It's what we do with them that matters. ♡

## HOW I FEEL RIGHT NOW

<b>HAPPY</b>  I feel joyful and good inside. ♡	<b>EXCITED</b>  I feel energetic and ready to go! ★	<b>CALM</b>  I feel relaxed, peaceful and in control. ♡	<b>PROUD</b>  I feel good about myself and what I've done. ★	<b>LOVED</b>  I feel cared for and important. ♡
<b>SAD</b>  I feel down or unhappy. ♡	<b>FRUSTRATED</b>  I feel annoyed or things are not going how I want. ★	<b>ANGRY</b>  I feel mad and want space. ♡	<b>WORRIED</b>  I feel nervous or not sure about something. ★	<b>SCARED</b>  I feel afraid or I need help. ♡

## WHAT CAN I DO?

<b>TAKE DEEP BREATHS</b>  Breathe in through my nose and out through my mouth. ♡	<b>MOVE MY BODY</b>  Jump, stretch or do something active. ★	<b>TALK ABOUT IT</b>  Talk to someone I trust about how I feel. ♡	<b>TAKE A BREAK</b>  Take time in a quiet space to calm down. ★	<b>USE CALM TOOLS</b>  Use fidgets, drawing, counting or other calm tools. ♡	<b>THINK POSITIVE</b>  Think happy thoughts and remind myself: "I can do this!" ★
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I am learning to understand my emotions and make good choices.

**I AM PROUD OF ME!**

