

MY EMOTIONS CHART

It's okay to feel many things.

HOW I FEEL



HAPPY



EXCITED



CALM



SAD



ANGRY



TIRED



WORRIED



SCARED



LOVED



PROUD



SHY



FRUSTRATED



WHAT HELPS ME FEEL BETTER



TAKE DEEP BREATHS



LISTEN TO MUSIC



READ A BOOK



DRINK WATER



MOVE MY BODY



TALK TO SOMEONE



QUIET TIME



DRAW OR COLOR



All feelings are okay. You are doing your best.