

Exploring Emotions

I feel happy when.....



I feel proud when.....

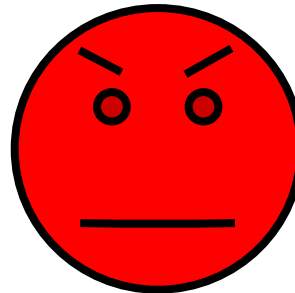
When I feel sad I sometimes.....



I feel upset when.....

Things that make me angry:

- 1.
- 2.
- 3.



When I feel angry I can calm down by.....