

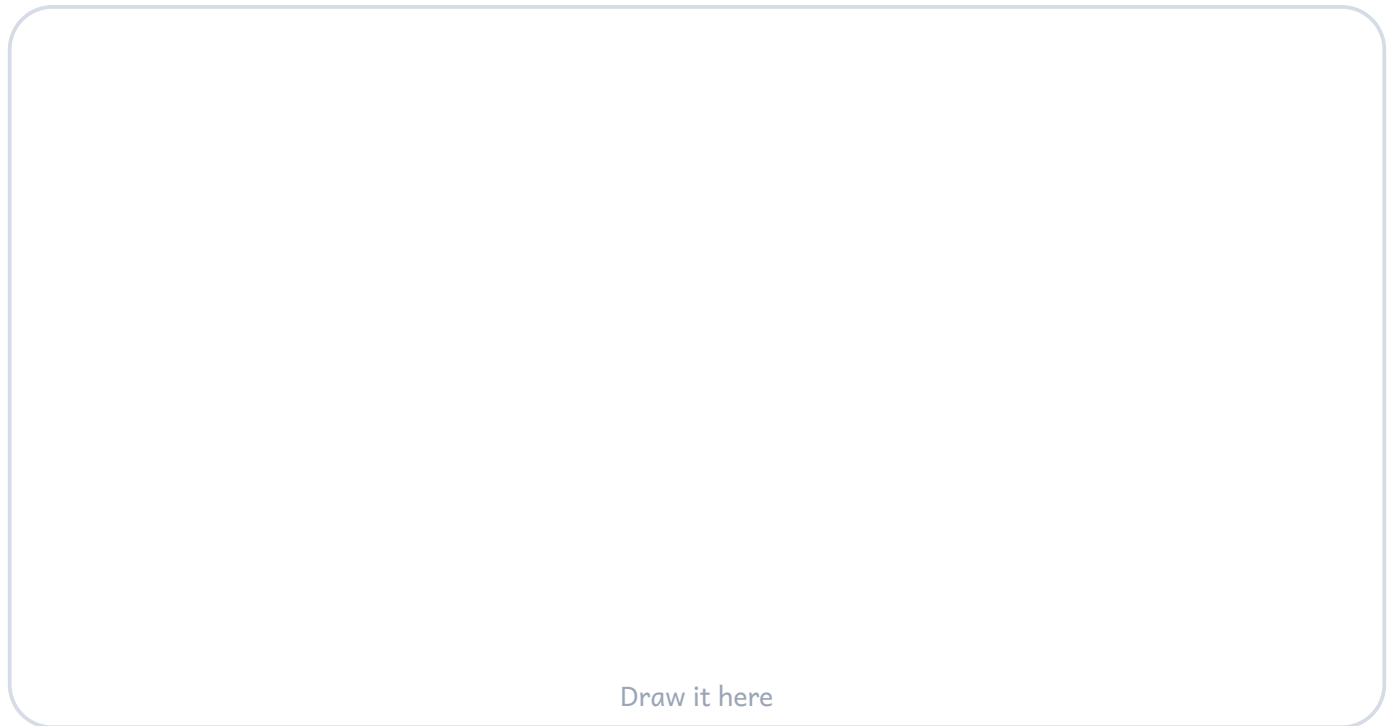
● I Feel Happy

Name: _____

Date: _____

Finish the sentence. Draw a picture.

I feel happy when _____.



Draw it here

When I feel this way, I can:

- ☐ take a deep breath
- ☐ ask for a hug
- ☐ tell a grown-up
- ☐ draw a picture

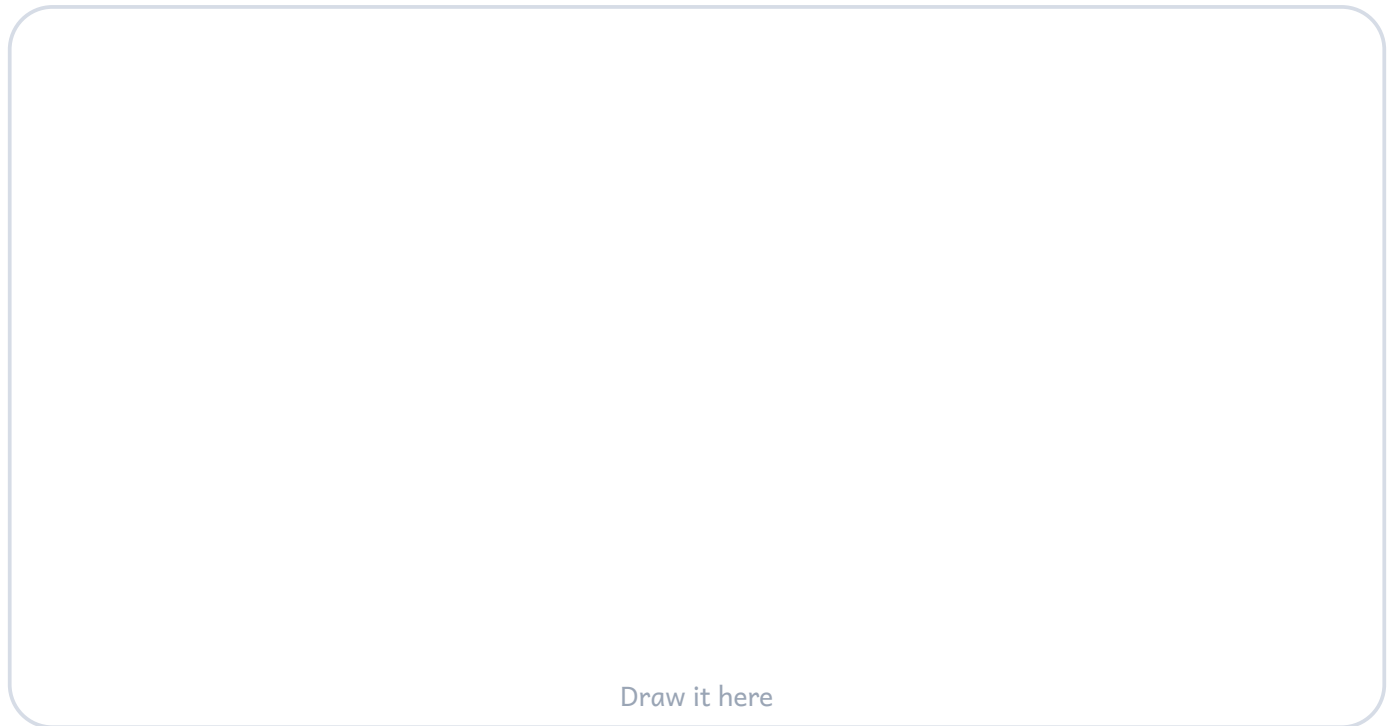
● I Feel Sad

Name: _____

Date: _____

Finish the sentence. Draw a picture.

I feel sad when _____.



Draw it here

When I feel this way, I can:

- ☐ take a deep breath
- ☐ ask for a hug
- ☐ tell a grown-up
- ☐ draw a picture

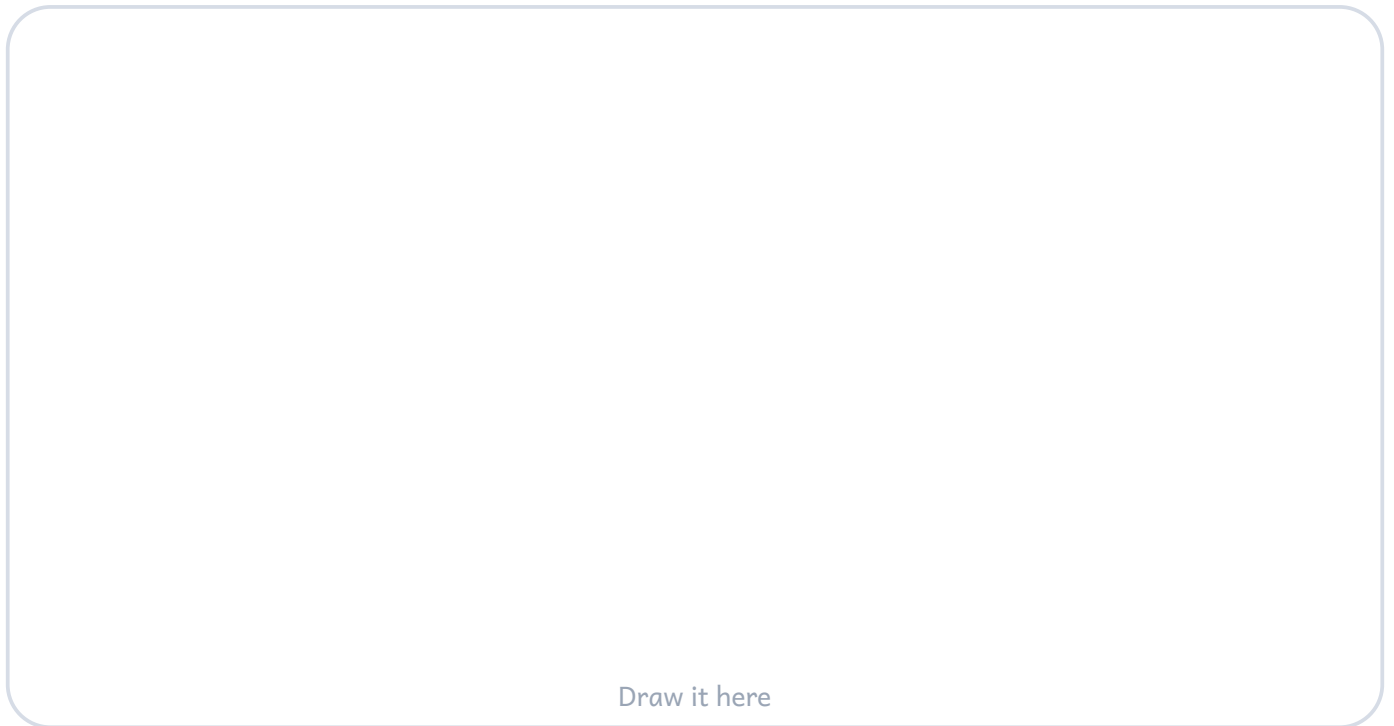
● I Feel Angry

Name: _____

Date: _____

Finish the sentence. Draw a picture.

I feel angry when _____.



Draw it here

When I feel this way, I can:

- ☐ take a deep breath
- ☐ ask for a hug
- ☐ tell a grown-up
- ☐ draw a picture

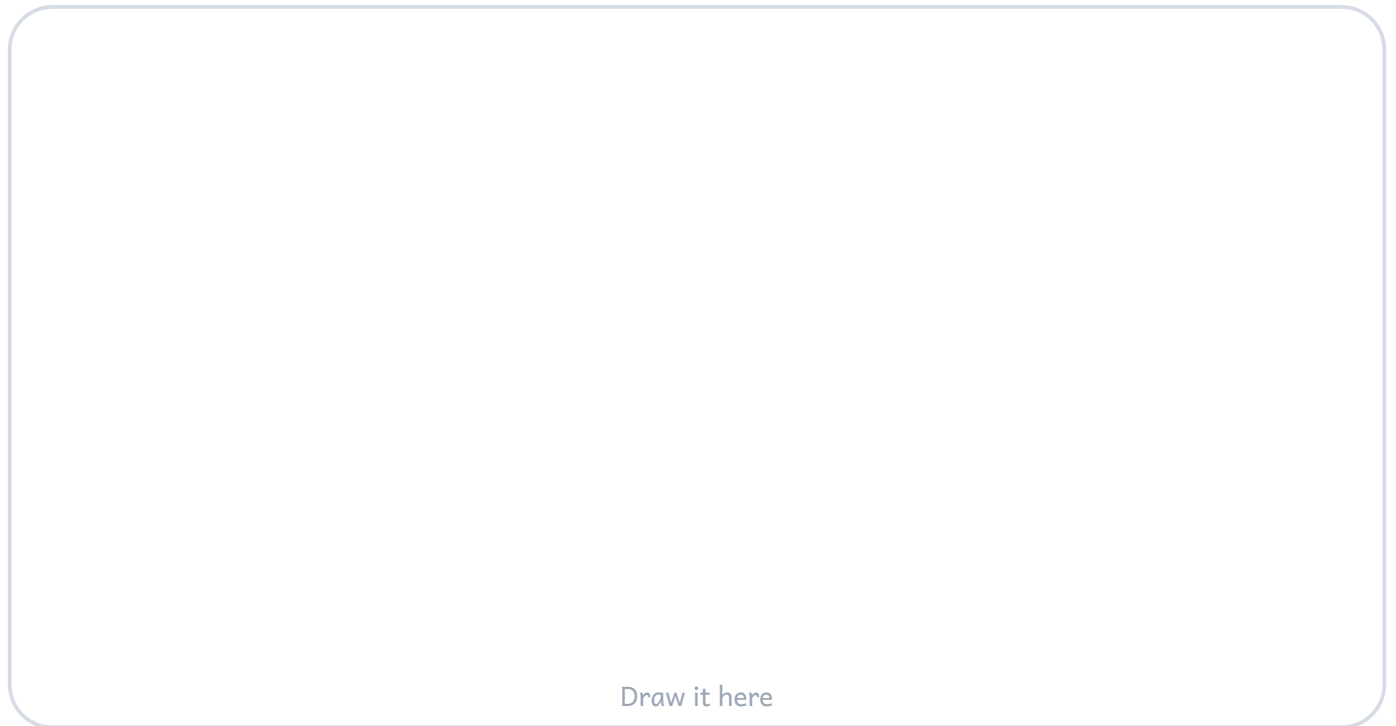
● I Feel Scared

Name: _____

Date: _____

Finish the sentence. Draw a picture.

I feel scared when _____.



Draw it here

When I feel this way, I can:

- ☐ take a deep breath
- ☐ ask for a hug
- ☐ tell a grown-up
- ☐ draw a picture

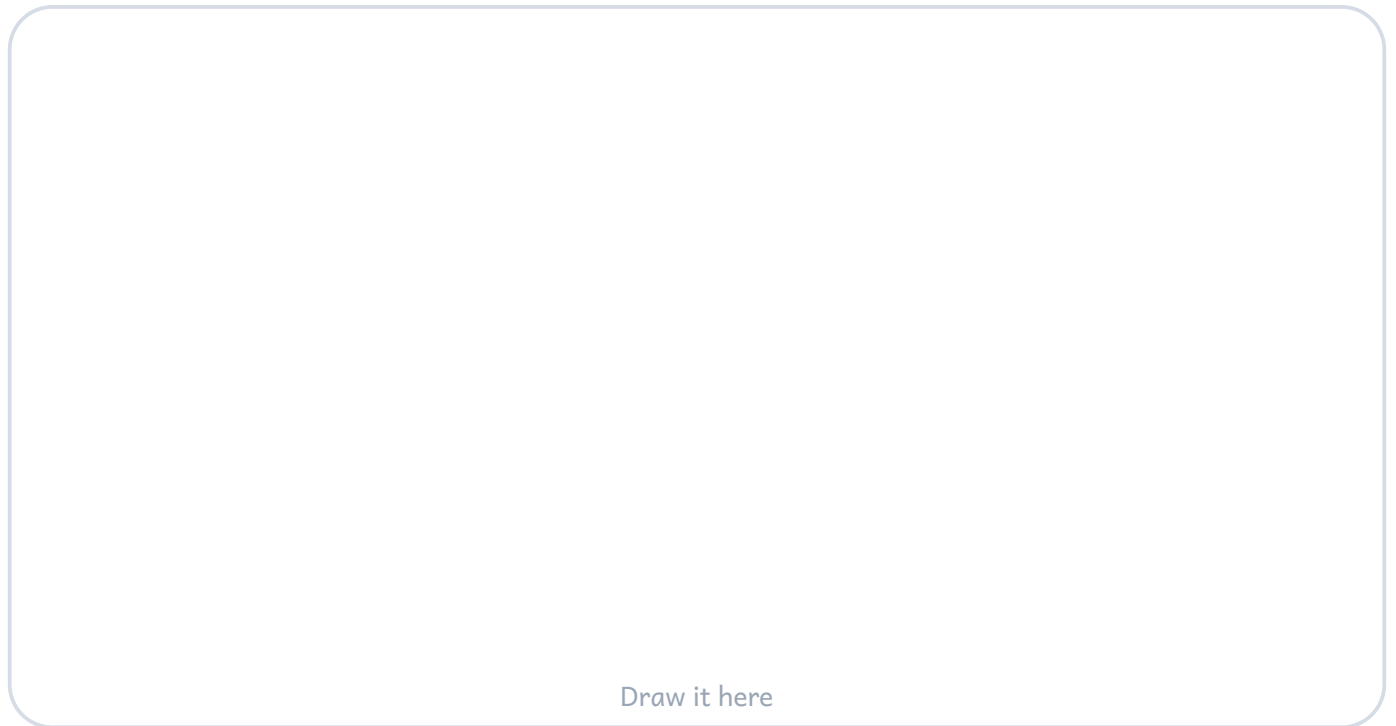
● I Feel Proud

Name: _____

Date: _____

Finish the sentence. Draw a picture.

I feel proud when _____.



Draw it here

When I feel this way, I can:

- ☐ take a deep breath
- ☐ ask for a hug
- ☐ tell a grown-up
- ☐ draw a picture

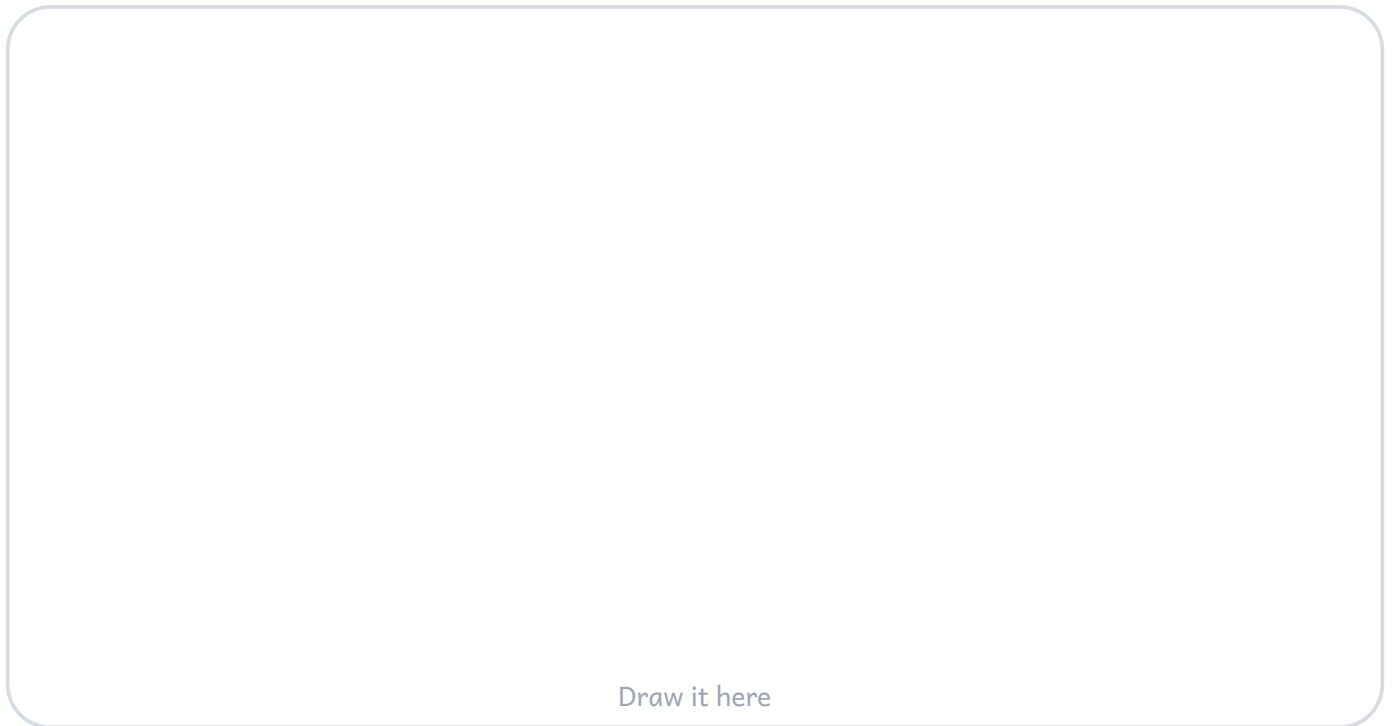
● I Feel Excited

Name: _____

Date: _____

Finish the sentence. Draw a picture.

I feel excited when _____.



Draw it here

When I feel this way, I can:

- ☐ take a deep breath
- ☐ ask for a hug
- ☐ tell a grown-up
- ☐ draw a picture