

How Angry Feels!

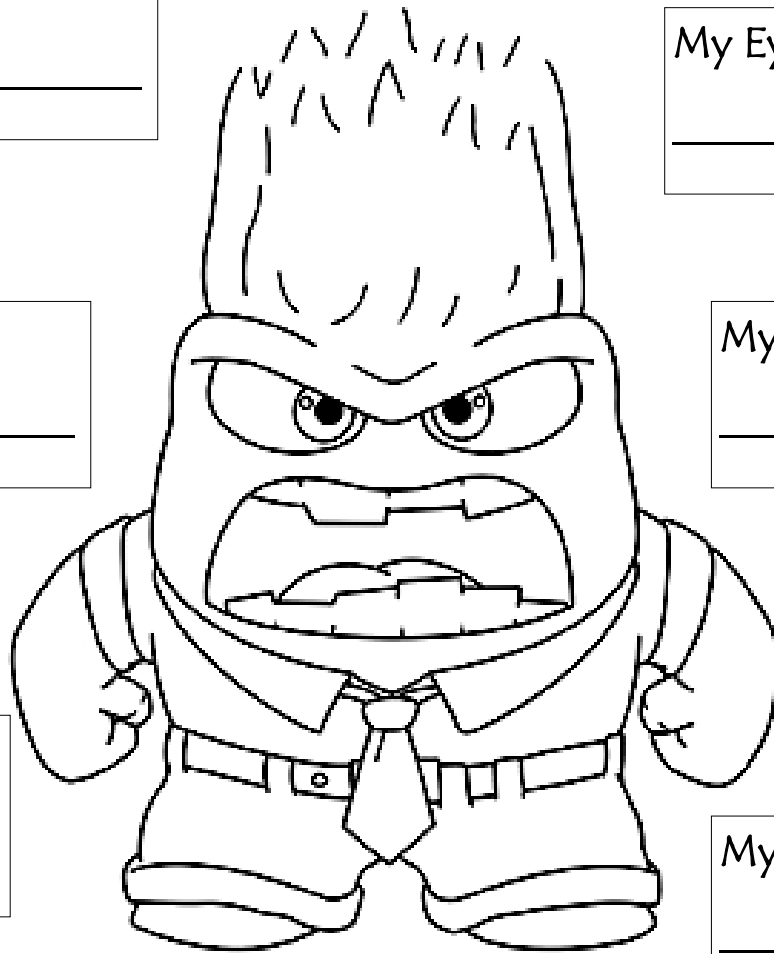
Describe how different parts of your body feel when you get mad, then write down three ways you can calm down when your mad!

My Ears Feel:

My Eyes Feel:

My face Feels:

My Mouth Feels:



My Belly Feels:

My Hands Feel:

My Feet Feel:

When I get mad, I will.....

How Sad Feels!

Describe how different parts of your body feel when you get sad, then write down three ways you can feel happy when your sad!

My Ears Feel:

My Eyes Feel:

My face Feels:

My Mouth Feels:

My Belly Feels:

My Hands Feel:



My Feet Feel:

When I get sad, I will.....

How Happiness Feels!

Describe how different parts of your body feel when you are happy,

My Ears Feel:

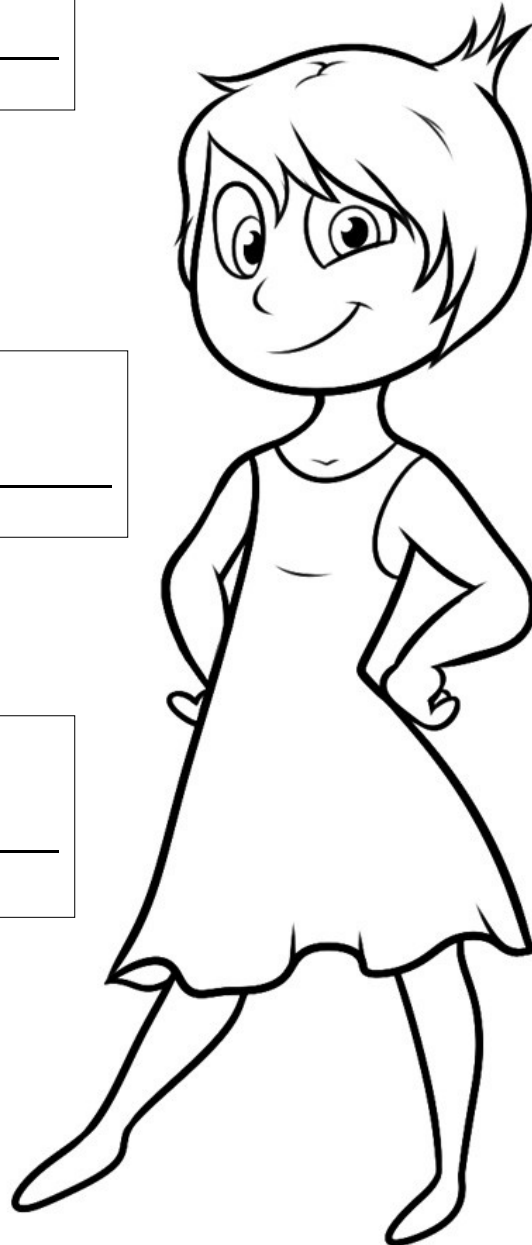
My Eyes Feel:

My face Feels:

My Mouth Feels:

My Belly Feels:

My Hands Feel:



My Feet Feel:
