

Feelings Chart

All feelings are okay.
It's good to talk about how we feel!

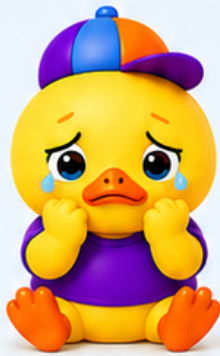
Happy



I feel joyful
and full of smiles.



Sad



I feel down or
unhappy.



Angry



I feel mad or
frustrated.



Scared



I feel afraid or
nervous.



Excited



I feel thrilled and
full of energy!



Calm



I feel peaceful,
relaxed and calm.



Proud



I feel good about
myself.



Tired

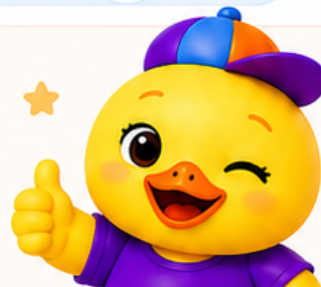


I feel sleepy or
low on energy.



Remember:

- ★ ♥ Your feelings matter.
- ♥ It's okay to feel different things.
- ♥ You are not alone.
- ♥ We are here for you.



You
are
amazing!