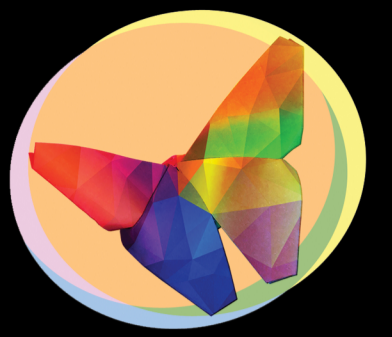


# HOW I'M FEELING



1

I'M FEELING GOOD  
HAPPY AND RELAXED  
ENJOYING WHAT IM DOING



2

I'M FEELING OK  
MAYBE A LITTLE UNSURE

A LITTLE COMFORT FROM A FRIEND OR  
OBJECT MIGHT HELP



3

I'M FEELING A BIT ANXIOUS  
I NEED HELP OR SUPPORT

I'M UNSURE ABOUT WHAT IS  
HAPPENING OR EXPECTED OF ME



4

I'M FEELING ANGRY  
THIS DOESN'T FEEL RIGHT  
I NEED TO STEP AWAY  
IT'S TOO LOUD AND BUSY



5

I'M VERY ANGRY  
I CAN'T THINK  
I NEED TO BE ALONE!

