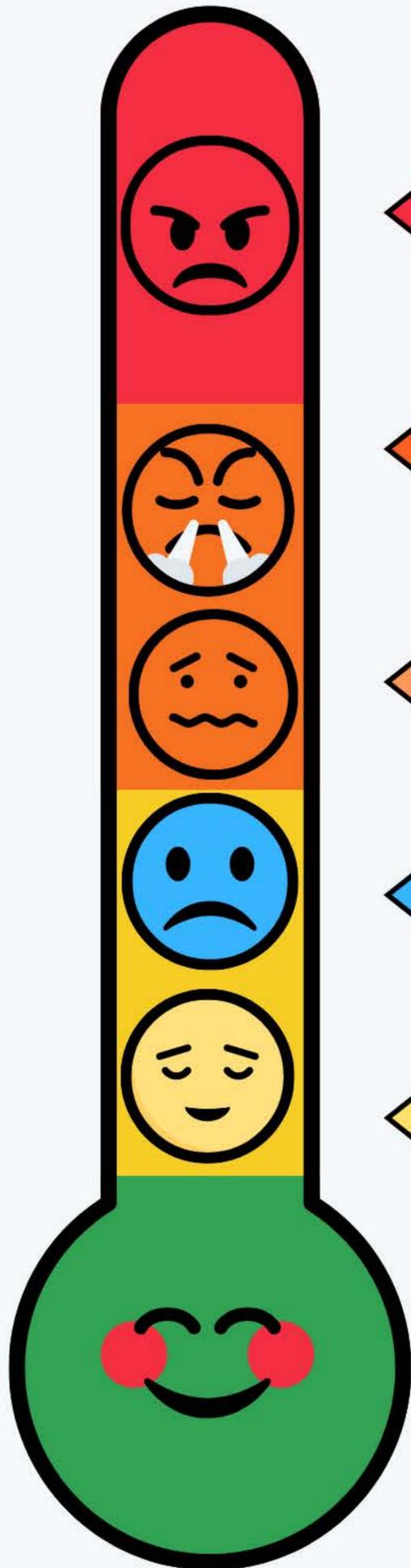


# FEELINGS METER

HOW ARE YOU FEELING TODAY?



## ANGRY/FURIOUS/STRESSED/TERRIFIED

- COUNT TO TEN
- TAKE DEEP BREATHS
- TELL AN ADULT
- GO FOR A WALK/STRETCH

## FRUSTRATED/ANNOYED/IRRITABLE

- TAKE A BREAK
- GO FOR A WALK
- DRAW OR WRITE

## WORRIED/ANXIOUS/EMBARRASSED

- TAKE DEEP BREATHS
- LISTEN TO CALM MUSIC
- PAUSE AND ASK FOR HELP

## SAD/SICK/SHY/LONELY/BORED

- TAKE DEEP BREATHS
- GET/GIVE A HUG
- DO SOMETHING YOU ENJOY
- TALK TO AN ADULT

## CALM/PEACEFUL/CONTENT

- ENGAGE IN A ENJOYABLE ACTIVITY
- NOTICE YOUR POSITIVE MOOD
- HELP OTHERS

## HAPPY/CONFIDENT/FOCUSED

- SMILE AND LAUGH
- HELP OTHERS
- ENJOY THIS FEELING
- PRACTICE GRATITUDE