



Talk

Rest

Move

Breathe

**HAPPY**

Joyful, Excited,  
Proud, Calm

**SAD**

Lonely, Disappointed,  
Hurt, Tearful

**CONFUSED**

Curious, Surprised,  
Mixed up, Unsure

**HOW  
I FEEL**

**ANGRY**

Frustrated, Annoyed,  
Jealous, Cross

**TIRED**

Sleepy, Exhausted,  
Overwhelmed, Flat

**SCARED**

Worried, Nervous,  
Shy, Unsure

Draw

Hug

Share

Play

Snuggle

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