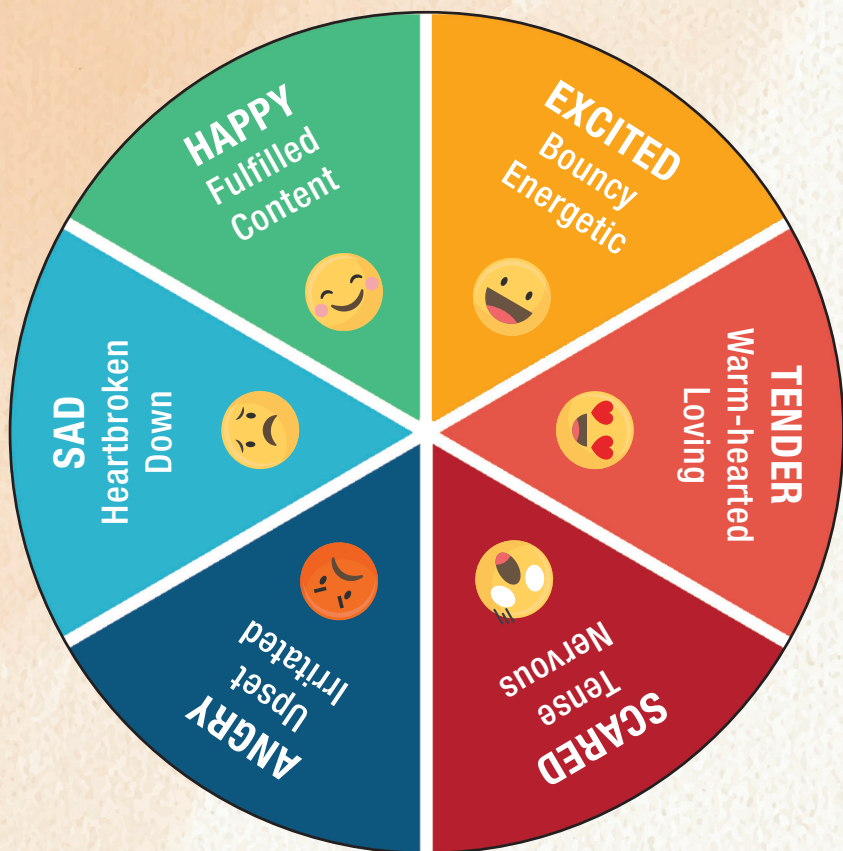


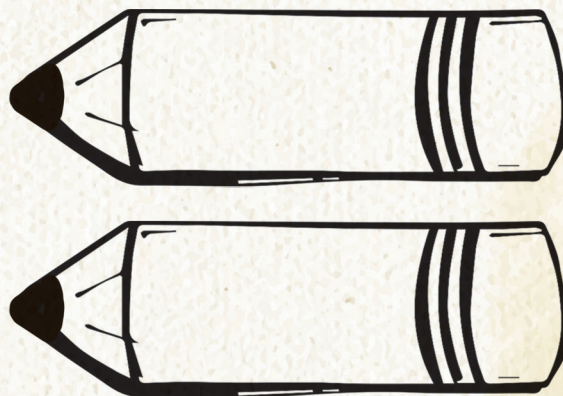
HOW DO YOU FEEL TODAY?

Learning how to manage our emotions can help us understand ourselves and others better.

Emotion Wheel



Colour the pencils and write down your feelings!
Today I feel:



Practice writing your own I Feel Statement

How to write an I Feel Statement

I feel - (emotion)

when - (something happens)

because - (why it made you feel that emotion)

I feel -

when -

because -

