

How are you feeling today? Click on the Bitmoji that best describes you.

So tired



STRESSED



WORRIED



SAD



Scared



SHY



I'M SICK



GUILTY



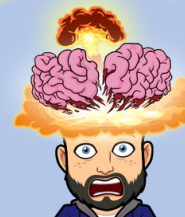
HOPEFUL



DISAPPOINTED



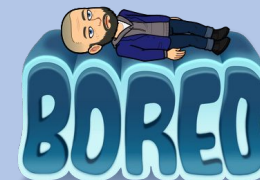
FRUSTRATED



EMBARASSED



CONFIDENT



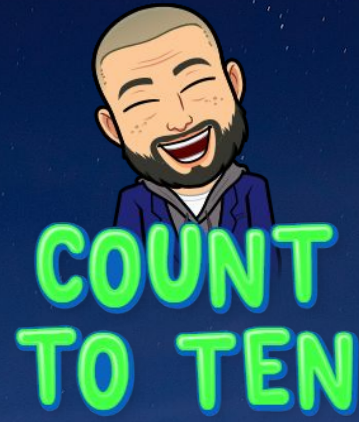
Angry



If feeling angry:



Stop and think, or ask others to stop what they're doing that's making you angry.



WALK AWAY



TALK WITH AND ADULT



STAY CALM



Back to Emotions

If feeling bored:

LISTEN TO MUSIC

Play games

GO PLAY



Draw



WRITE

Back to Emotions

Back to Emotions

When feeling confident:

SMILE



HELP OTHERS



WRITE ABOUT IT



CHEER SOMEONE UP



If you're confused:

**ASK
QUESTIONS**



**READ
ABOUT IT**



**TALK WITH
A FRIEND**



**TALK WITH
AND ADULT**



**Back to
Emotions**

If you are disappointed:

Back to Emotions

DRAW



TALK WITH AND ADULT



Listen to or play music

Just Be SILLY



WRITE ABOUT IT



BIG HUGS!



Hug someone you know

If you're embarrassed:

LAUGH



Make a silly face



Back to Emotions



SAY EXCUSE ME

TALK WITH AND ADULT



When excited:

Back to Emotions



Jump up and down

HOT DIGGITY



Give someone a high five

TELL SOMEONE



SMILE



If you are frustrated:

Back to Emotions

WRITE ABOUT IT



TALK WITH AN ADULT



TALK WITH A FRIEND



Exercise



DRAW PICTURES





If feeling grumpy try:



EAT HEALTHY



EXERCISE



TALK WITH AN ADULT



MAKE A SILLY FACE



Back to Emotions

If feeling guilty:

**ADMIT YOU
WERE WRONG**



**TALK
IT OUT**



APOLOGIZE



Make good

CHOICES



**Back to
Emotions**

If you're happy and you know it?:



CLAP
CLAP
CLAP



WRITE
ABOUT IT

Sing



SMILE



Dance



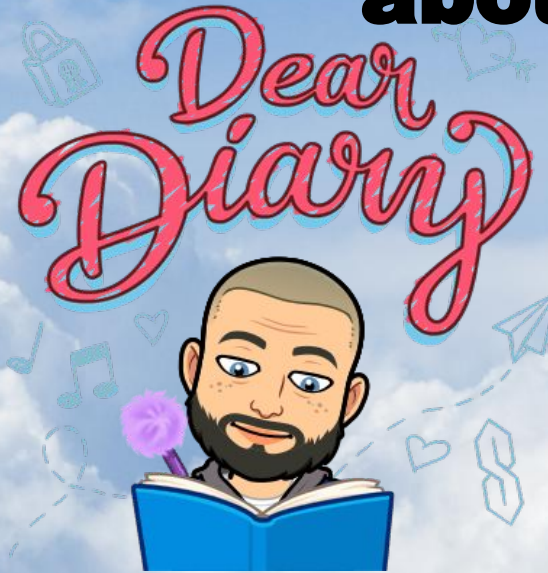
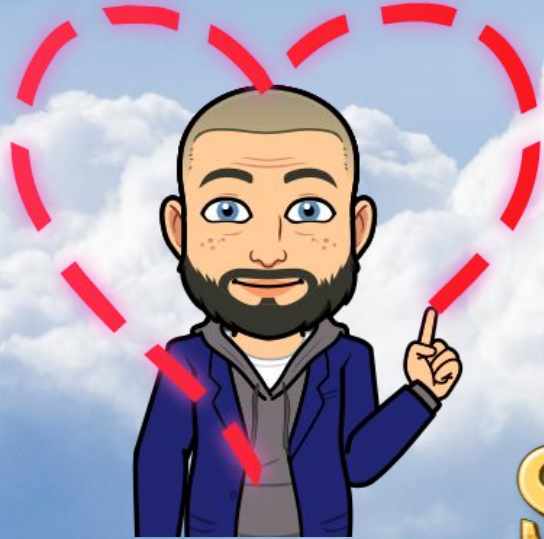
**Back to
Emotions**

When feeling hopeful:

**Write
about it**

**Back to
Emotions**

Draw



SMILE



Tell others



If feeling sad?:

MAKE A SILLY FACE



DRAW

Back to Emotions



WRITE

TALK IT OUT



Listen to music



exercise



When scared:

Turn on lights

Good
Idea



Hug a loved one



Back to Emotions

TALK WITH SOMEONE



**Meditate/
Deep
Breaths**



Make a silly face



If you are shy:

SMILE



Smile at others

...can we talk?



Talk with someone you know.



Read to someone, or to a pet.



Back to Emotions

Play with other kids



When feeling sick:

Back to Emotions



Stay Home
if you're feeling sick

REST



DRINK WATER



TALK WITH AN ADULT



Go see a doctor.



Back to Emotions

When tired:

EAT HEALTHY

DON'T STAY UP TOO LATE!



Work out



WORKIN' IT



I NEED A NAP



If feeling stressed:

Back to Emotions

Eat a healthy snack.

Listen to music



Talk with an adult.

**We need to talk.
This is serious.**



DRAW



WRITE ABOUT IT



Exercise



If feeling worried:

Back to Emotions

Hug a loved one.



WRITE



TALK WITH SOMEONE

Draw or COLOR



Read

