

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



EMBARRASSED



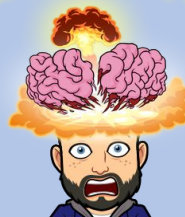
CONFIDENT



Angry



FRUSTRATED



# 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:**

**GO PLAY**



**LISTEN TO MUSIC**



**Play games**



**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



**Back to  
Emotions**

READ  
ABOUT IT



TALK WITH  
A FRIEND



TALK WITH  
AN ADULT



**If you are disappointed:**

**DRAW**



**TALK WITH  
AND ADULT**



**Back to  
Emotions**

**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



DRAW PICTURES



TALK WITH  
AN ADULT



TALK WITH  
A FRIEND



Exercise





**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**



**Back to  
Emotions**

**Dance**

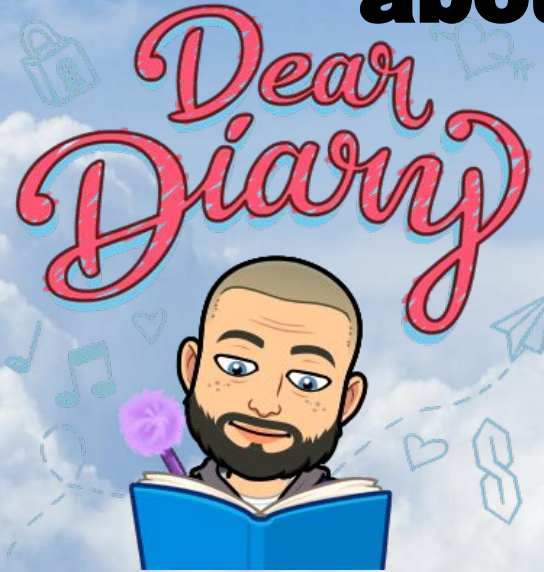
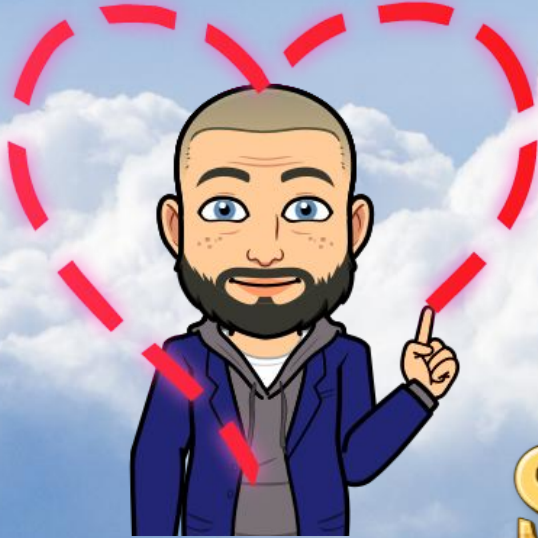


**When feeling hopeful:**

**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.**

**Back to  
Emotions**

**Play with  
other kids**

**Read to  
someone,  
or to a pet.**



# When feeling sick:

# Back to Emotions



**Stay Home**  
if you're  
feeling sick

**REST**



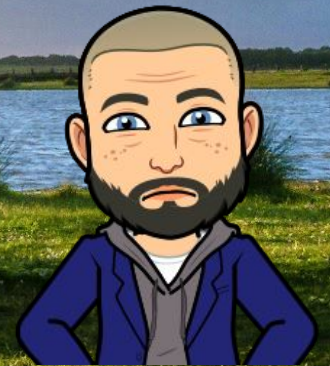
**DRINK WATER**



**TALK WITH AN ADULT**



**Go see a doctor.**



# Back to Emotions

When tired:

DON'T STAY UP  
TOO LATE!



Work out



WORKIN' IT

EAT  
HEALTHY



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**

