

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

So tired



STRESSED



WORRIED



SAD



Scared



SHY



I'M SICK



GUILTY



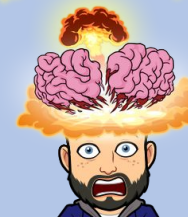
HOPEFUL



DISAPPOINTED



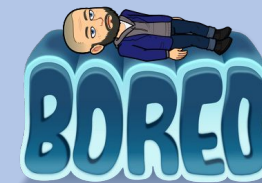
FRUSTRATED



EMBARRASSED



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**



**TALK WITH  
A FRIEND**



**READ  
ABOUT IT**



**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**



**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**



**Dance**



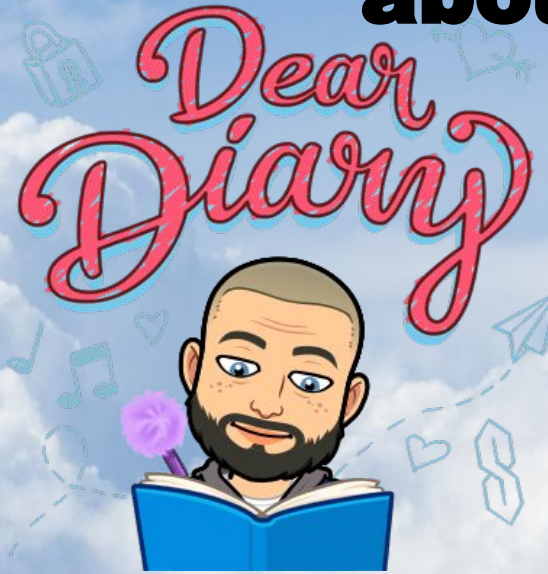
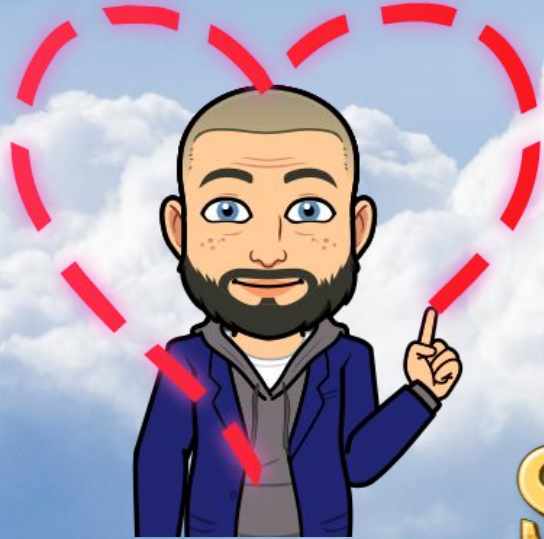
**Back to  
Emotions**

**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:**

**Back to Emotions**

**SMILE**



**Smile at others**

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

**Play with other kids**

*...can we talk?*



**Talk with someone you know.**





# 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**

