

TODAY I FEEL

A great way to **be kind to yourself** is sharing the way you feel. All feelings are different, and all of them are OK! **How are you feeling?**



excited

You're waiting for or doing something that you like a lot



good

You're feeling nice about what's happening and what you're doing



relaxed

You feel good and you're also calm and still



happy

You're feeling very very nice about what's happening and what you're doing



tired

You feel like you don't want to do anything and would like to rest



angry

You feel bad about something you did or happened and you want to explode



shy

When you feel a little scared about new things or new people



sad

You feel bad about something you did or something that happened



dissappointed

You feel sad because something didn't happen the way you wanted



sick

Your body doesn't feel good and that makes you feel bad



proud

When you're happy about something you did



frustrated

You feel angry because something didn't happen the way you wanted