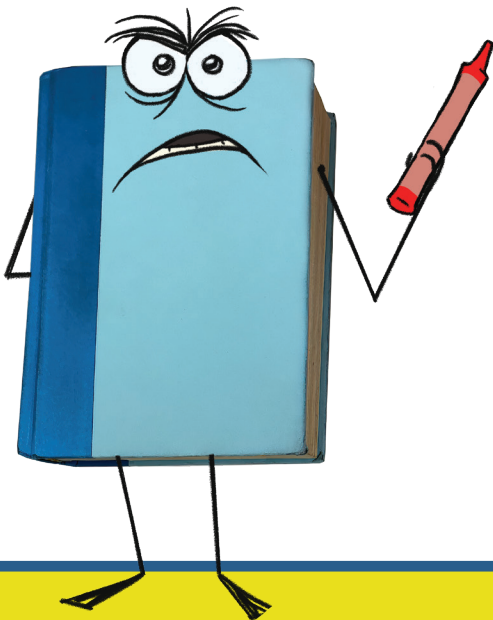
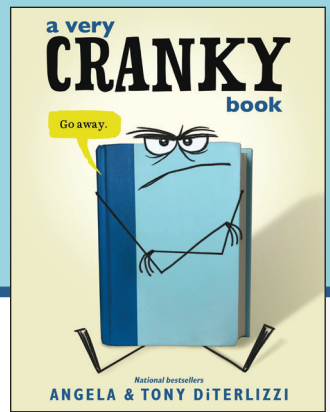


DO YOU EVER GET CRANKY?

What do you look like when you're feeling cranky? Draw yourself below!

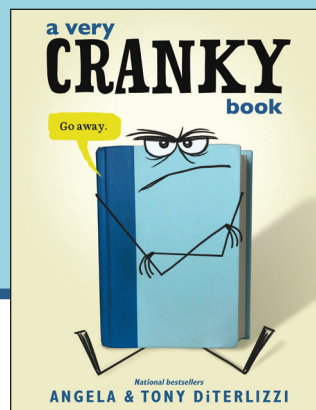
What makes you feel a teeeeny-tiiiny bit less cranky?

List three things, then turn the page over and draw yourself happy!

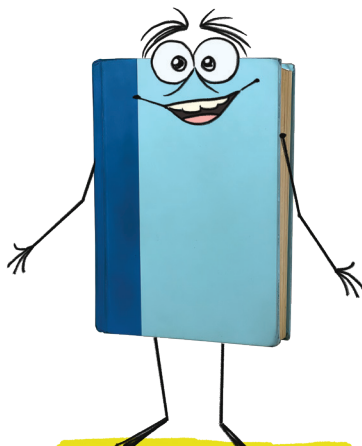


WHAT ARE YOUR EMOTIONS?

Emotions can be hard to understand!
How are you feeling today? Circle the emotion
below then describe what made you feel this way.



CRANKY



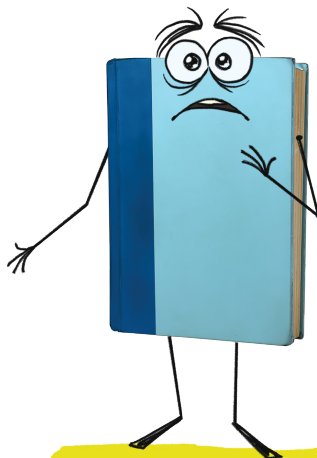
HAPPY



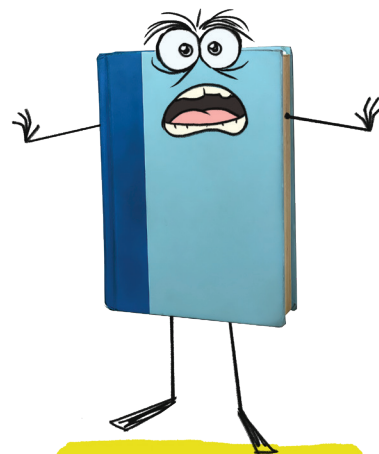
SAD



MAD



SCARED



EXCITED

I FEEL THIS WAY BECAUSE