Frustrated
Embarrassed
Sad
Mad
Nervous
Happy
Proud
Scared
Loved
Lonely

This is how I feel today!❤❤
Feeling Wheel

- Happy
- Scared
- Lonely
- Frustrated
- Sad
- Mad
- Nervous
- Embarrassed
Relaxation Thermometer

1. Mad
2. Take 3 deep breaths
3. Relaxed

Adapted from Incredible Years Dinosaur School
Frustrated
Embarrassed
Sad
Mad
Scared
Nervous
Happy
Loved
Proud
Lonely