

# How I Feel...

Your feelings and emotions change many times throughout the day. At times, it can be challenging to explain how you feel. Take time to think through these feelings and discover ways you can smile.

Right now I feel \_\_\_\_\_.

I feel this way because \_\_\_\_\_.

Who can I talk to? \_\_\_\_\_.

What are some things I can do to make me or someone else smile? Write or draw below!



Listen to music!



Go for a walk!



Draw a picture!



Do a puzzle!



Dance!