

Feelings Meter



It's okay to feel all kinds of feelings.
Take a moment to check in with yourself.
How do you feel today?



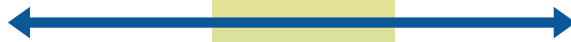
Angry

Take deep breaths and count to five.
Try talking to a grown-up.



Frustrated

Stretch, draw, or take a short break.
It's okay to feel this way!



Worried

Try slow breaths or a big stretch.
Talking to a friend can help.



Sad

Hugs, music, or a story can help.
Let someone know how you feel.



Calm

Enjoy this peaceful moment.
Maybe share a smile!



Happy

Spread your joy!
Dance, sing, or share kindness.