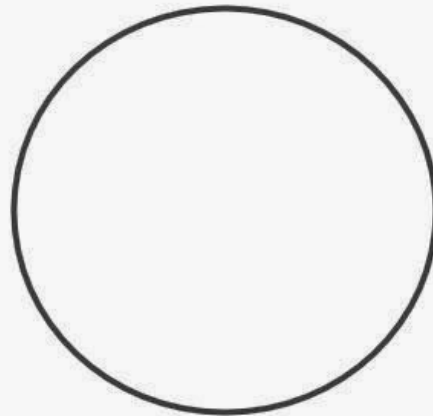
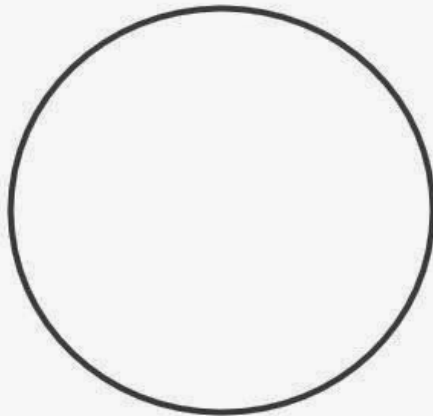
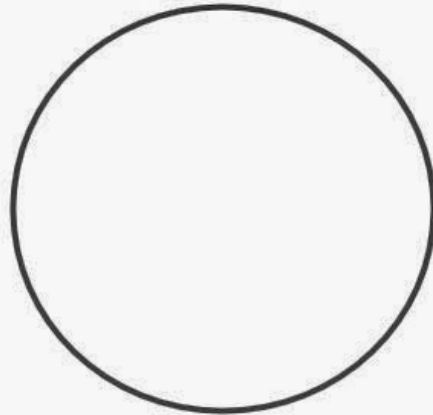
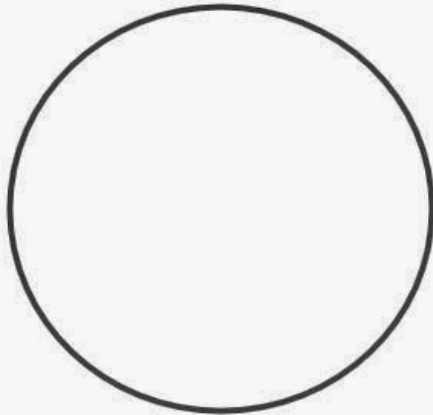


# All Feelings are Okay!

In the circles below draw pictures of different feelings.  
Talk about how you can deal with each feeling!







**It's what we do with our feelings that counts!**

Never use your feelings as an excuse to hurt others or yourself! Use coping skills like talking to a friend or an adult about BIG feelings that trouble you!

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# Inside Out: Getting to Know My Emotions

	My emotion	Feels like	Sounds Like	A memory when I felt...
	Sadness			
	Disgust			
	Joy			
	Anger			
	Fear			