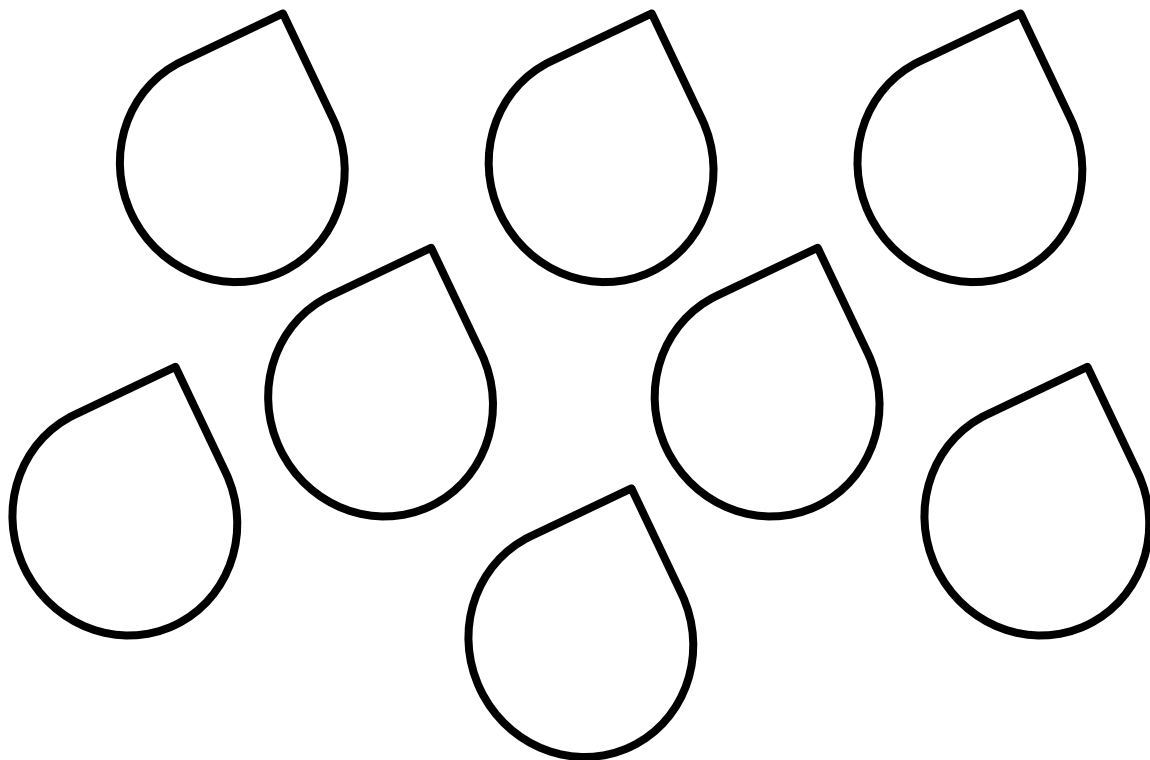
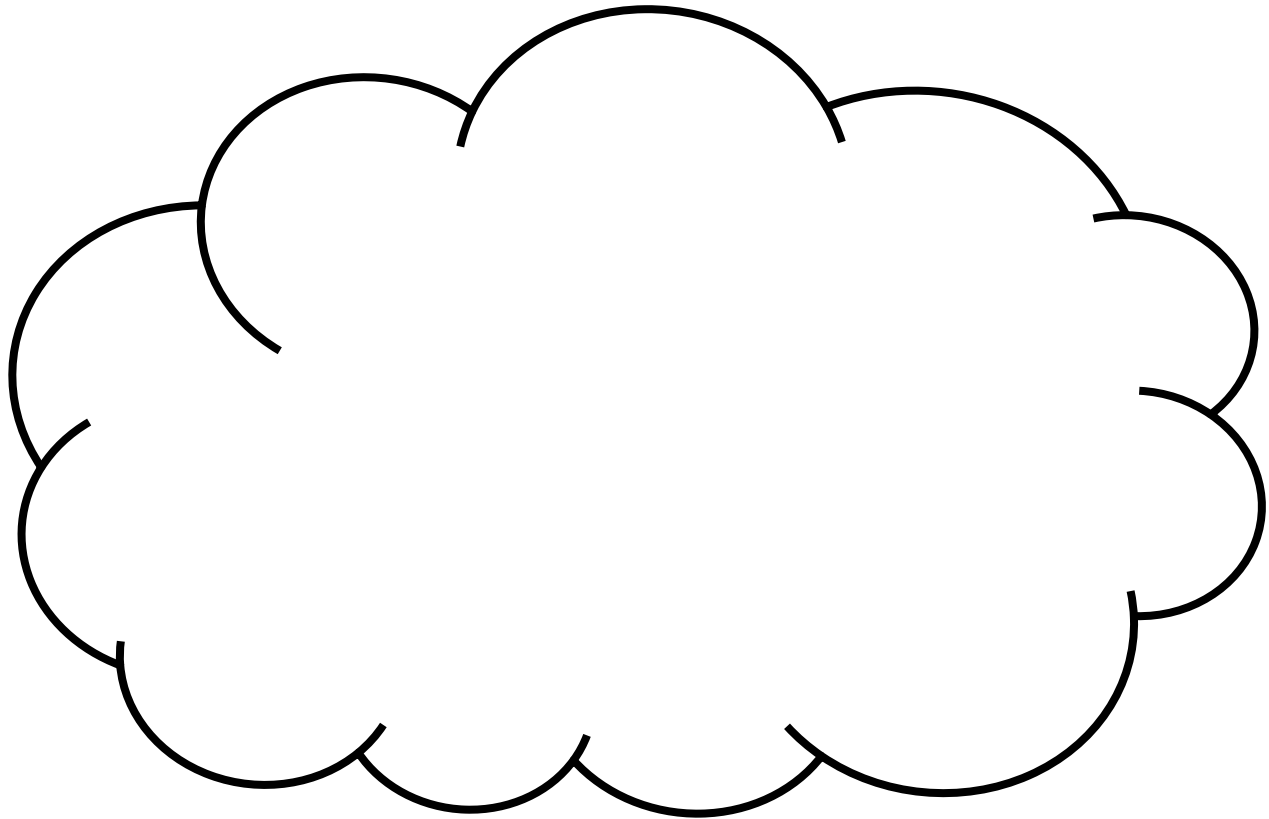


Name \_\_\_\_\_

Directions: Sometimes we feel stormy, and it might not be a comfortable feeling. We might feel mad, sad, or even scared. With your teacher or counselor write a stormy feeling in the cloud, and fill in the raindrops with things that make you feel that feeling. It is important for us to know what makes us feel a feeling so we can figure out what to do to feel better!



Name \_\_\_\_\_

Directions: Sometimes we feel sunny, and it might be a comfortable feeling! We might feel happy, excited, or even proud! With your teacher or counselor write a sunny feeling in the sun, and fill in the rays with things that make you feel that feeling. It is important for us to know what makes us feel a feeling to understand our bodies!

