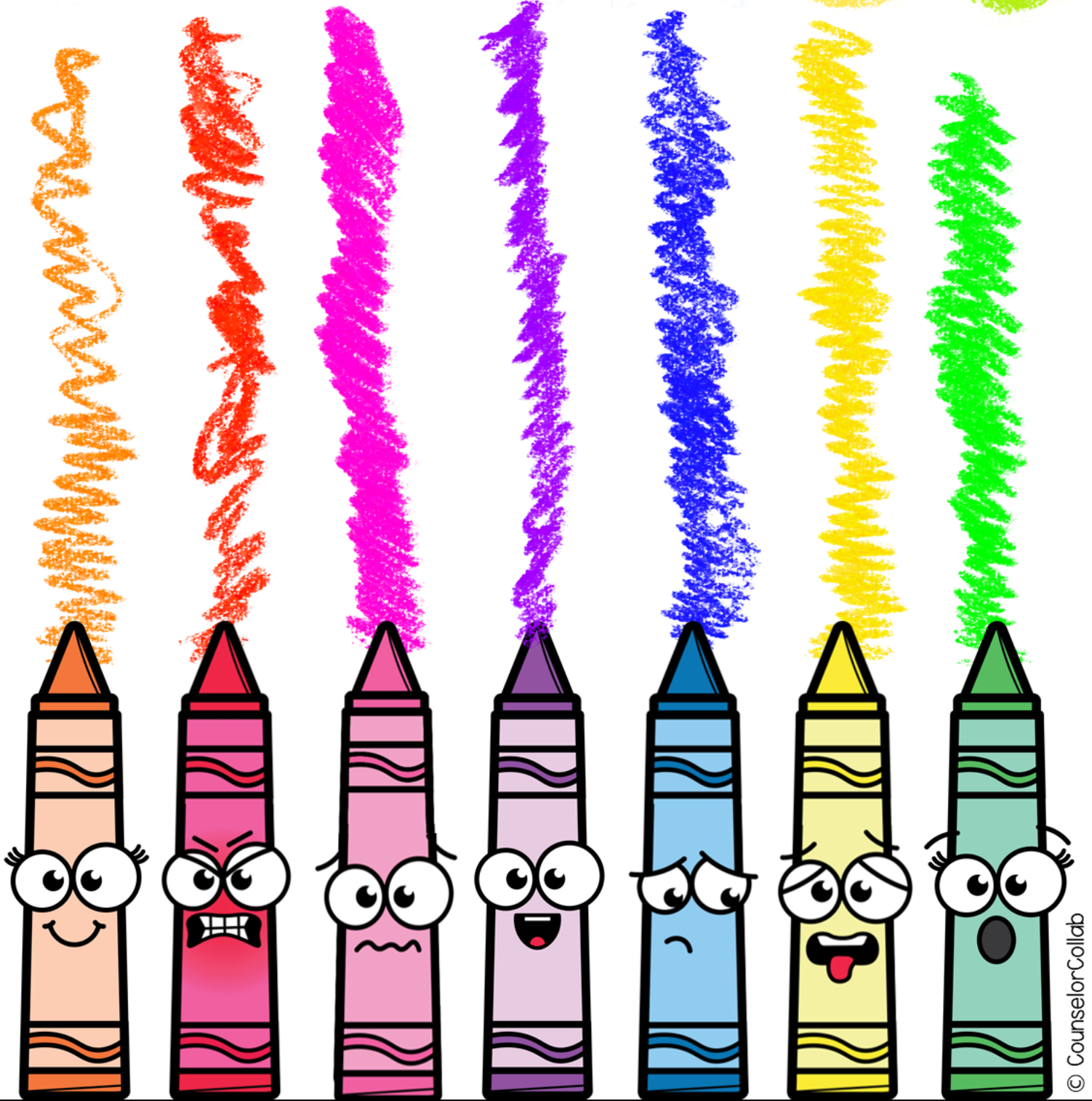


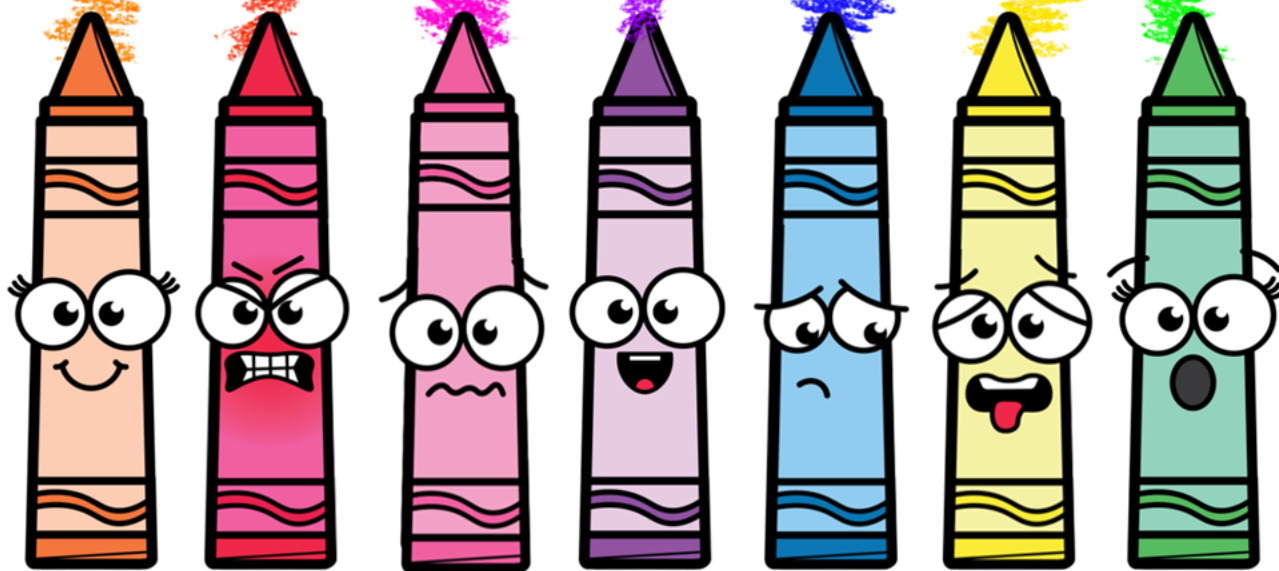
It's ok to feel your

feelings



# Check in with your

# feelings



I am feeling:



Happy

Angry

Worried

Excited

Sad

Disgusted

Scared



What happened to cause the feeling?



I can do this to help my feelings:



I need help with this:

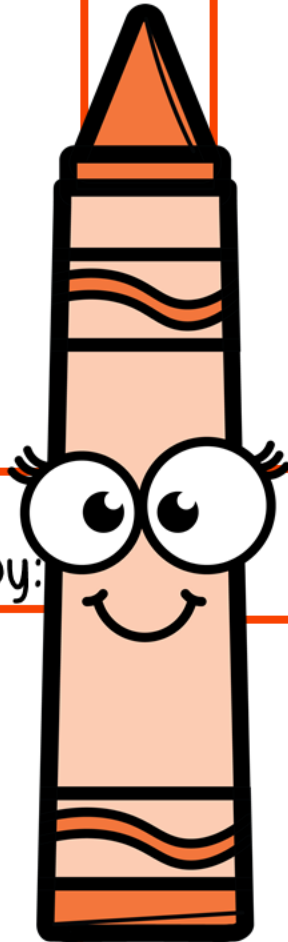


Next time, I will try to do this:

# HAPPY

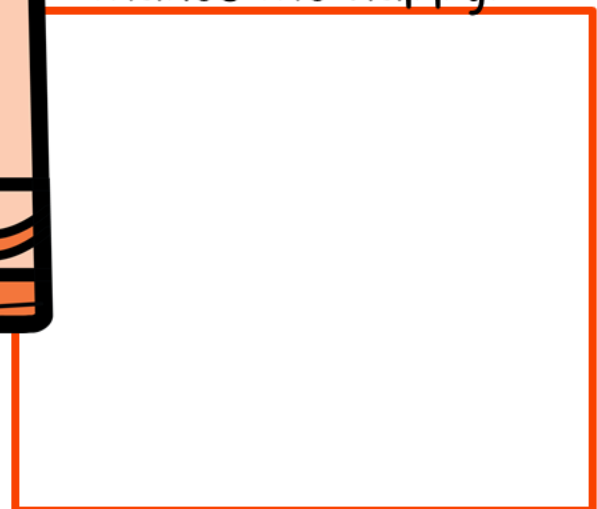
Draw: How I look when I'm happy:

Describe: How I look when I'm happy:



What makes me happy:

A memory that makes me happy:

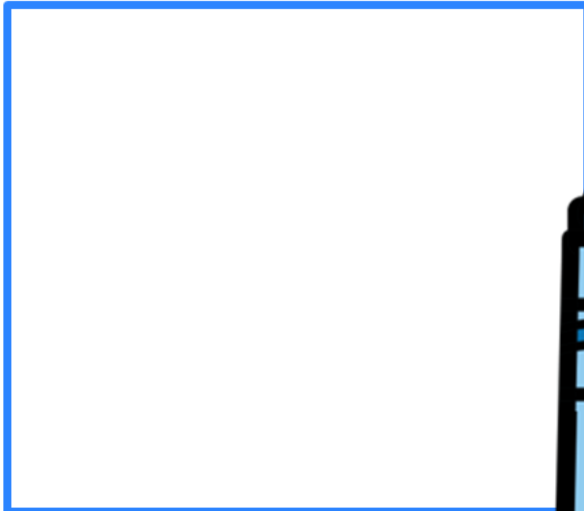


I can do this when I am happy to express myself:



# SAD

Draw: How I look when I'm sad:



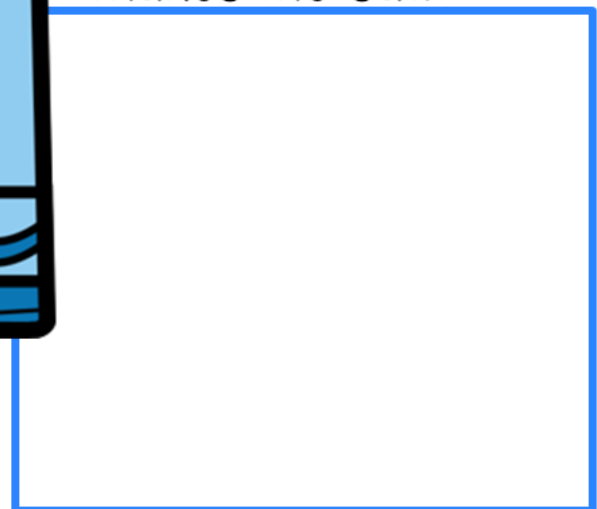
Describe: How I look when I'm sad:



What makes me sad:



A memory that makes me sad:



I can do this when I am sad to feel better:



# ANGRY

Draw: How I look when I'm angry:



Describe: How I look when I'm angry:



What makes me angry:



A memory that makes me angry:



I can do this when I am angry to feel better:



# DISGUSTED

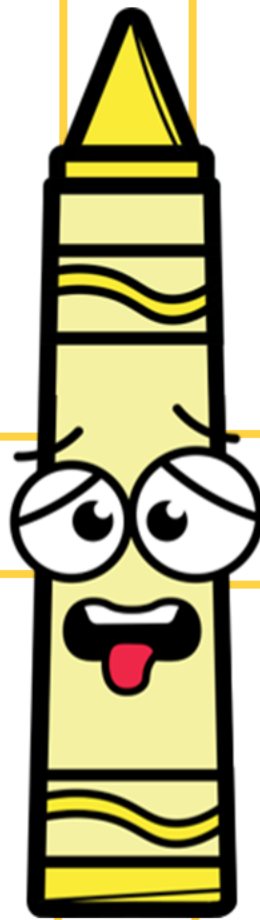

Draw: How I look when I'm disgusted:



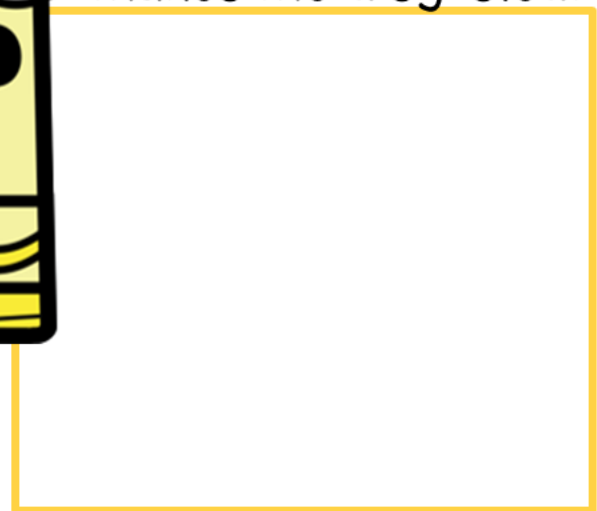
Describe: How I look when I'm disgusted:



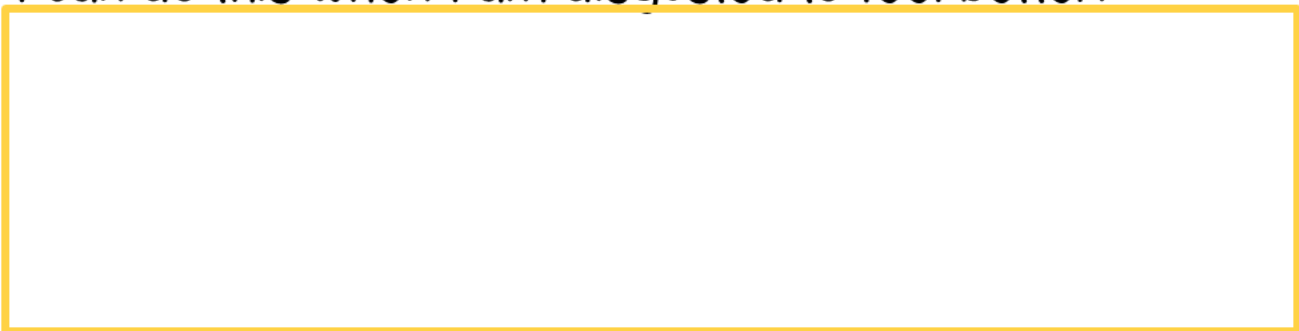
What makes me disgusted:



A memory that makes me disgusted:



I can do this when I am disgusted to feel better:



# WORRIED

Draw: How I look when I'm worried:



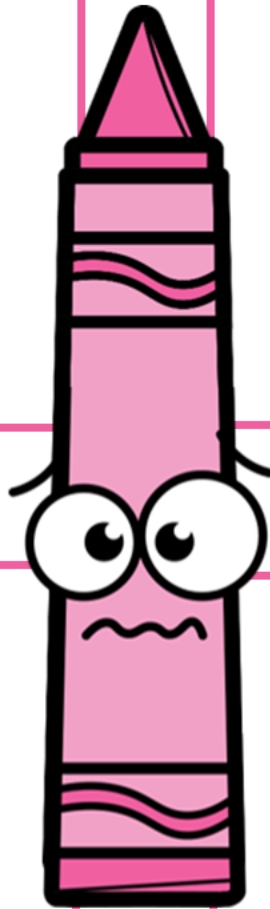
Describe: How I look when I'm worried:



What makes me worried:



A memory that makes me worried:



I can do this when I am worried to feel better:



# EXCITED

Draw: How I look when I'm excited:



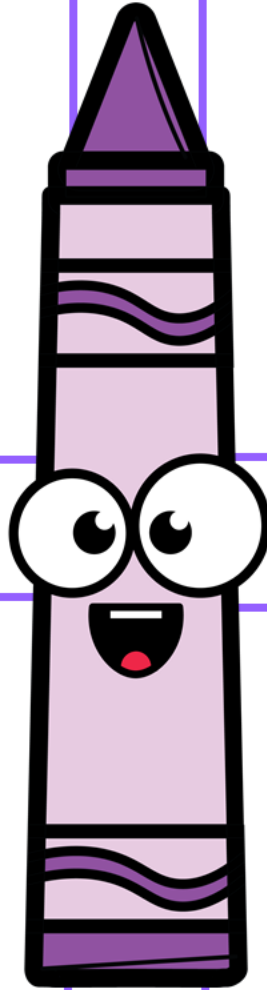
Describe: How I look when I'm excited:



What makes me excited:



A memory that makes me excited:



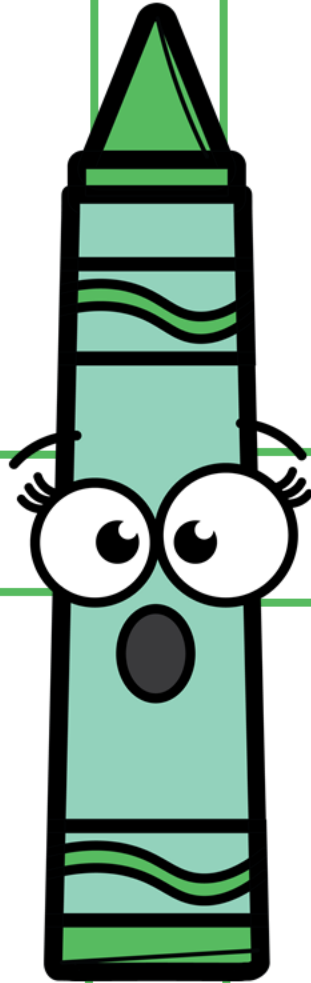
I can do this when I am excited to express myself:



# SCARED

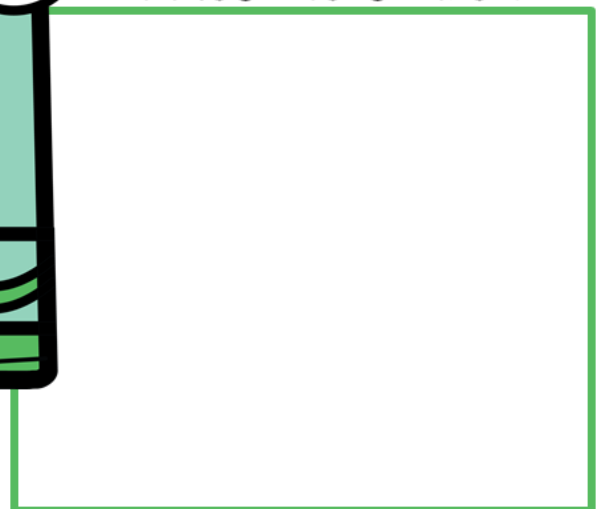
Draw: How I look when I'm scared:

Describe: How I look when I'm scared:



What makes me scared:

A memory that makes me scared:



I can do this when I am scared to feel better:



# COUNSELOR Collab

with Laura & Ashley

[Ashley's TpT Store](#)

[Ashley's Instagram](#)

[Ashley's Website](#)

[Laura's TpT Store](#)

[Laura's Instagram](#)

[Laura's Website](#)



Counselor Collab on Instagram

Counselor Collab on Facebook

Counselor Collab Members-Only Facebook Group

## Laura & Ashley



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## CREDITS



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