

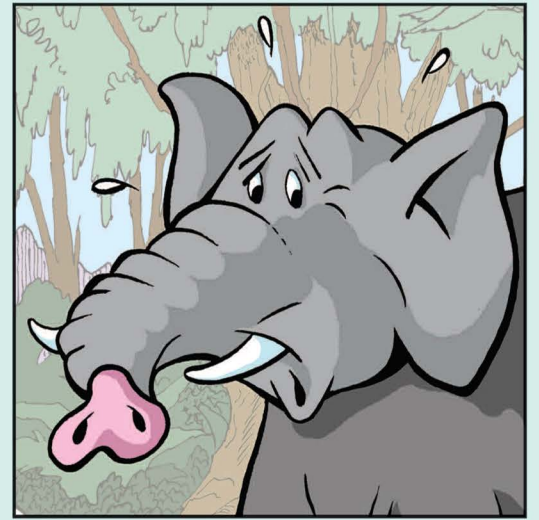
# HOW ARE YOU FEELING TODAY?



**HAPPY**



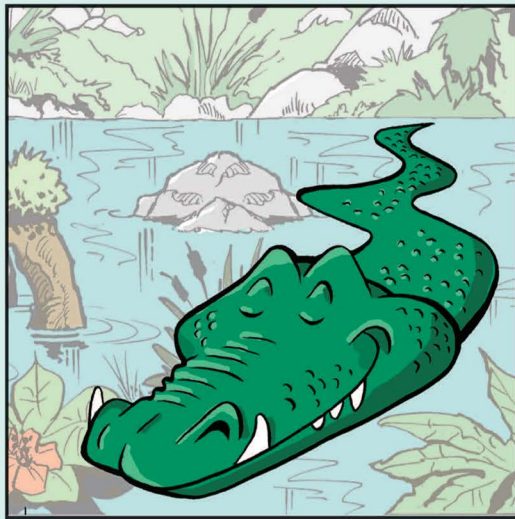
**MAD**



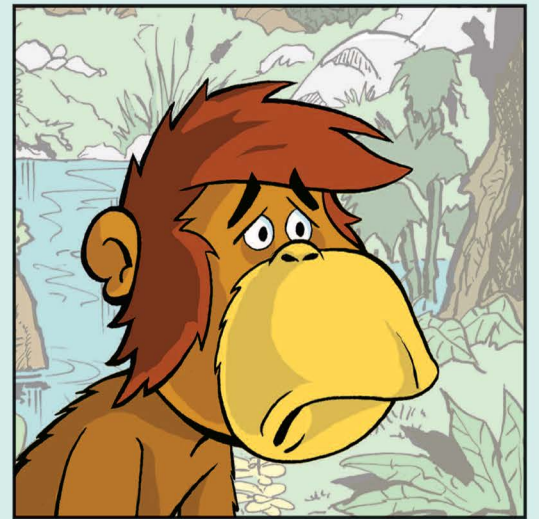
**WORRIED**



**EXCITED**



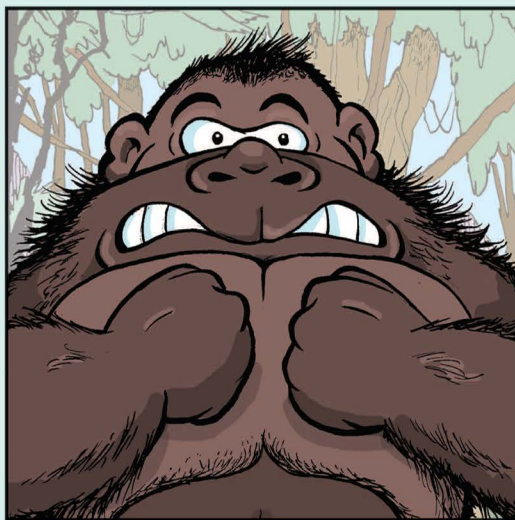
**CALM**



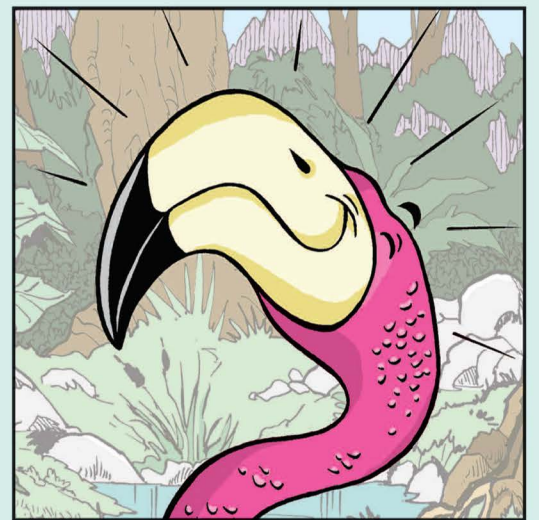
**SAD**



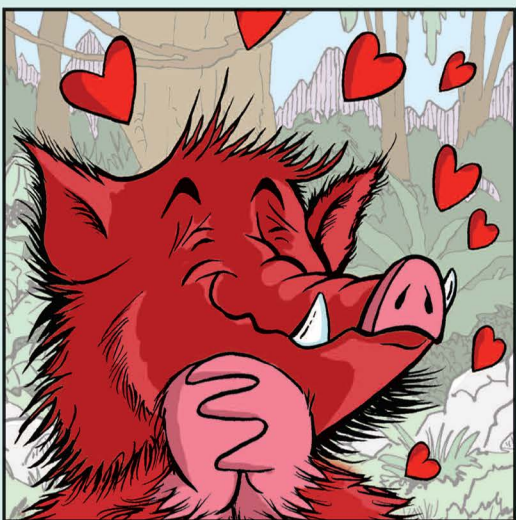
**SURPRISED**



**BRAVE**



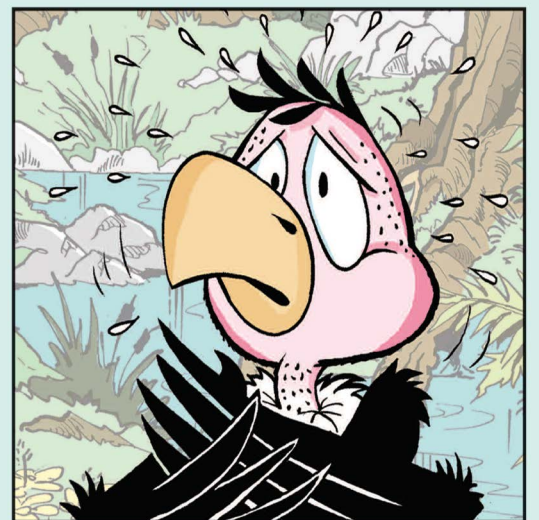
**PROUD**



**LOVED**

## 5 WAYS TO USE THIS POSTER

1. Point to the feeling(s) you had today and explain what caused them.
2. Close your eyes, and touch somewhere on the poster. Talk about the last time you had the feeling you are pointing to.
3. Make a list of your family members. Which animal best represents each person?
4. Make a list of your friends. Which animal best represents each person?
5. Pick three animals and make up a story about them.



**AFRAID**