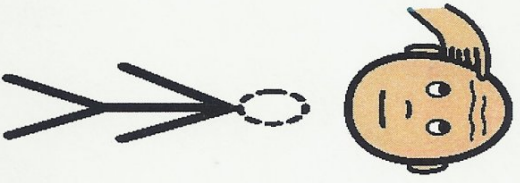


Grades 6-8: Expressing Your Feelings



Tune in to what is going on in your body.

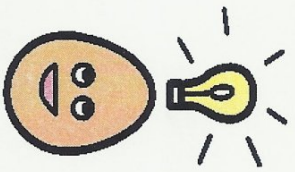


Figure out what happened to make you feel that way.



Happy?



Sad?



Grumpy?

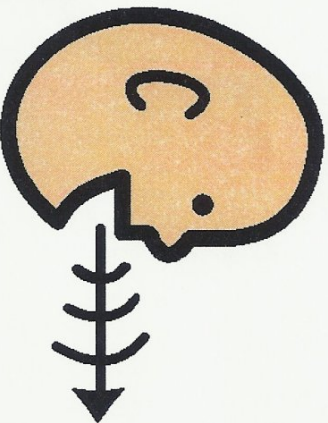
Decide what you are feeling.

Think about the different ways to express your feelings.



Pick one.

1



Express your feelings.