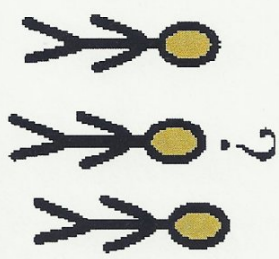
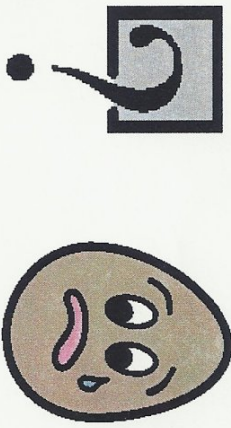


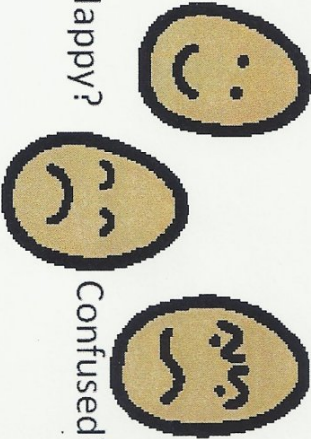
Grades 6-8: Knowing Your Feelings



Tune in to what is going on in your body. This helps you know what you are feeling.



Decide what happened to make you that way.



Happy?
Sad?
Confused?

Decide what you could call the feeling.