

# HOW ARE YOU?

Take a deep breath and think about how your body and mind feel.



STOP, BREATHE  
& THINK



Hyper  
Super Excited  
Wild  
Hysterical



Great  
Proud  
Happy  
Excited



Peaceful  
Caring  
Cozy  
Thankful



Restless  
Nervous  
Awkward  
Worried



Curious  
Quiet  
Shy  
On my own  
Tired



Disappointed  
Sorry  
Hurt  
Lonely  
Sad



Impatient  
Cranky  
Mean  
Jealous