

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