

TODAY I FEEL....



Worried



Sad



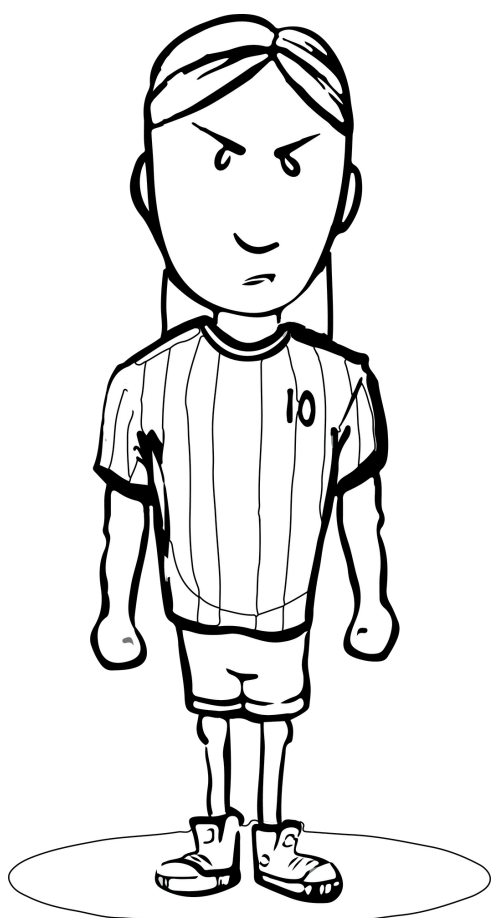
Happy



Silly



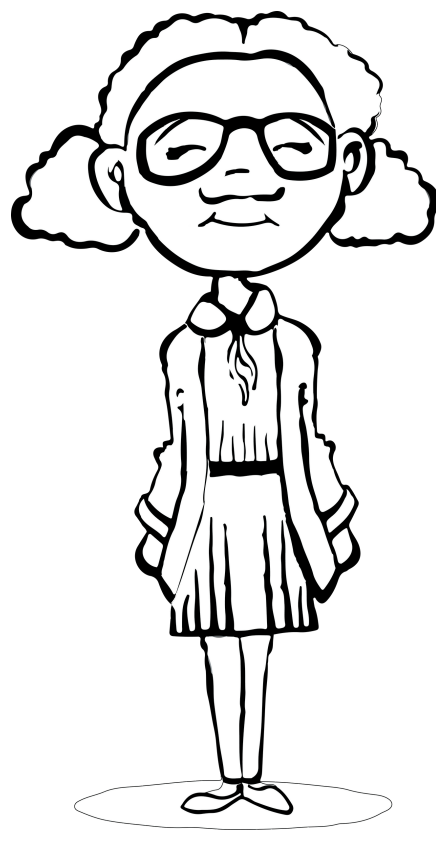
Shy



Angry



Calm



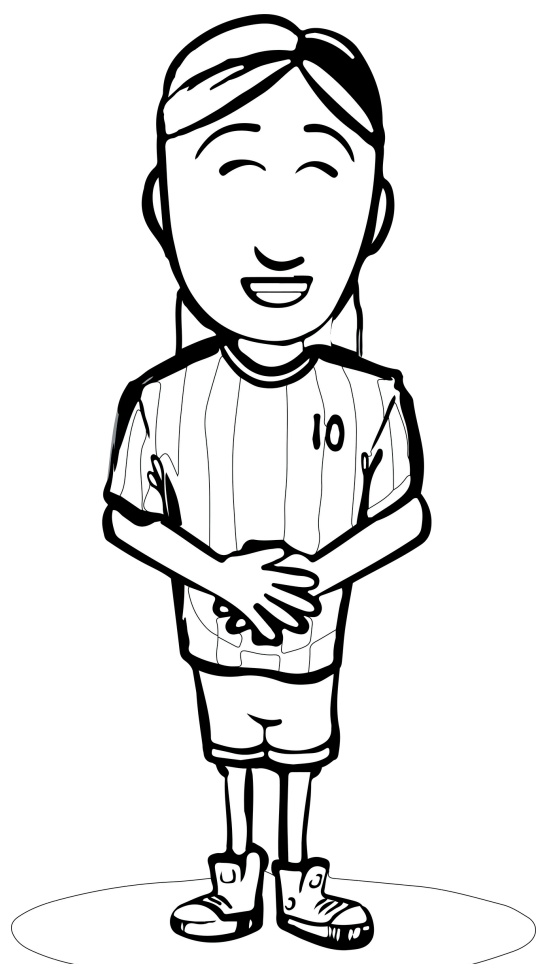
Loved



Bored



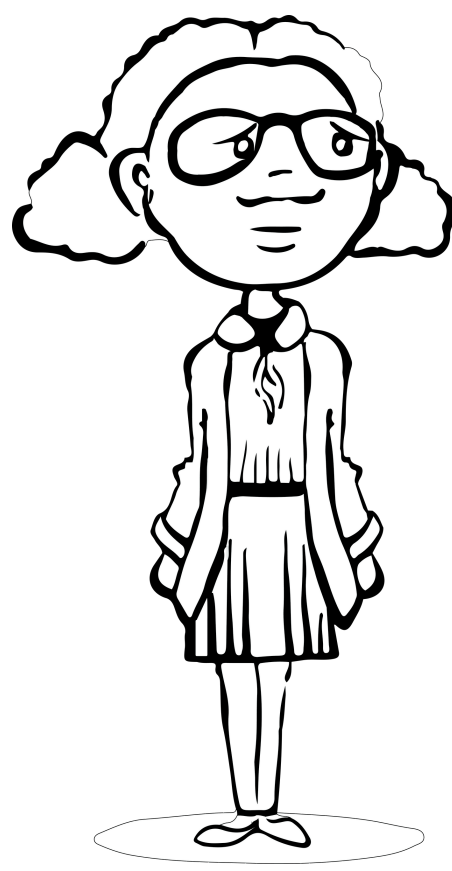
Disappointed



Excited



Frustrated



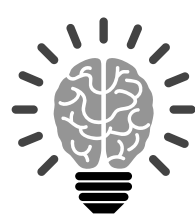
Scared



Focused



Brave

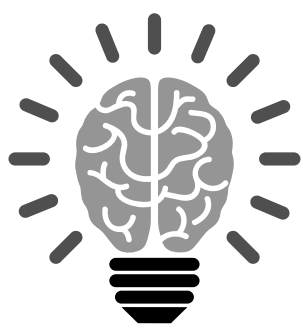


Remember: good mental health includes experiencing a wide range of emotions (yes, even the tricky ones).

FEELINGS THERMOMETER

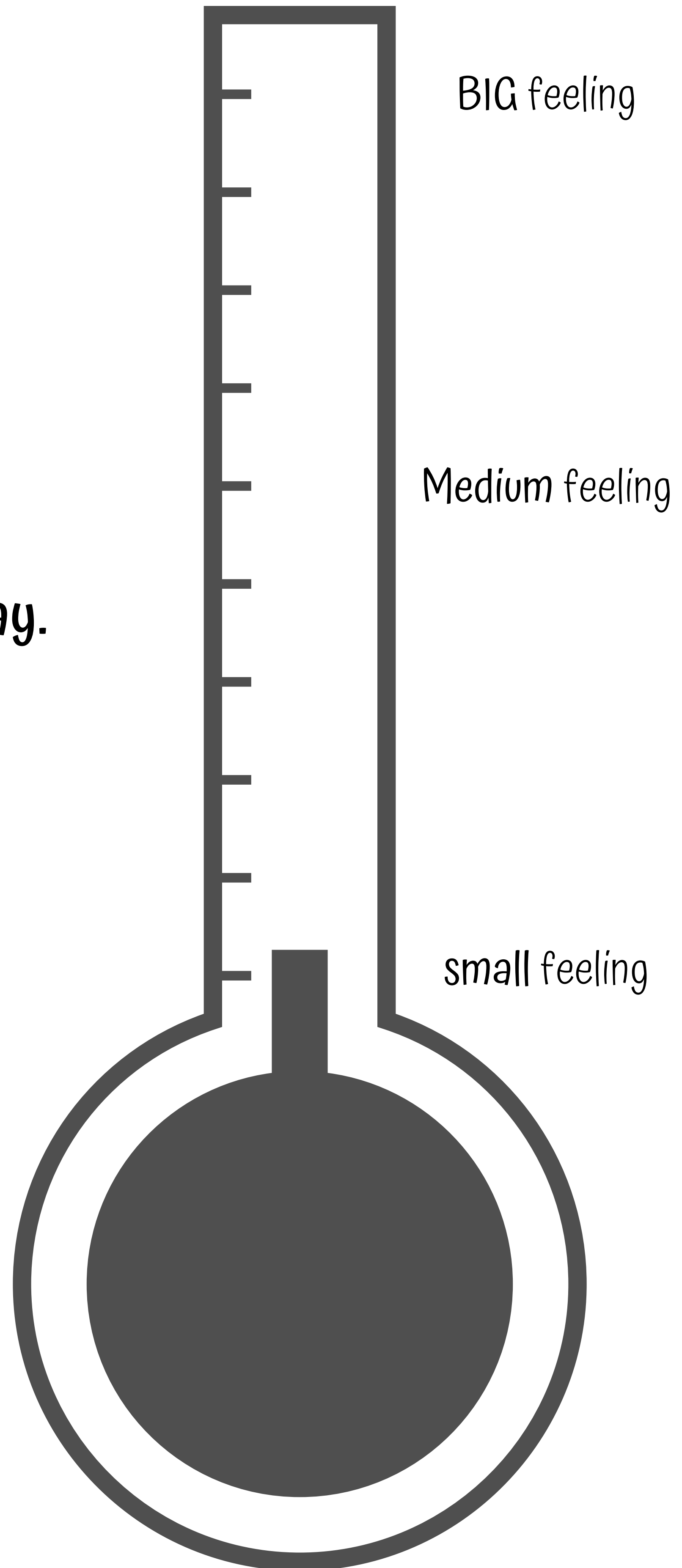


I feel _____ today.



Remember:

knowing the name and size of
our feelings can help us
better understand and cope.



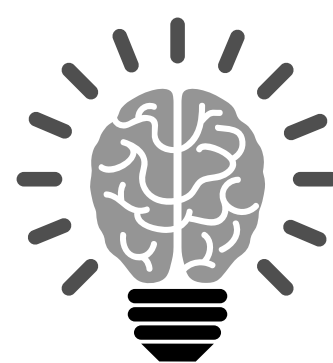
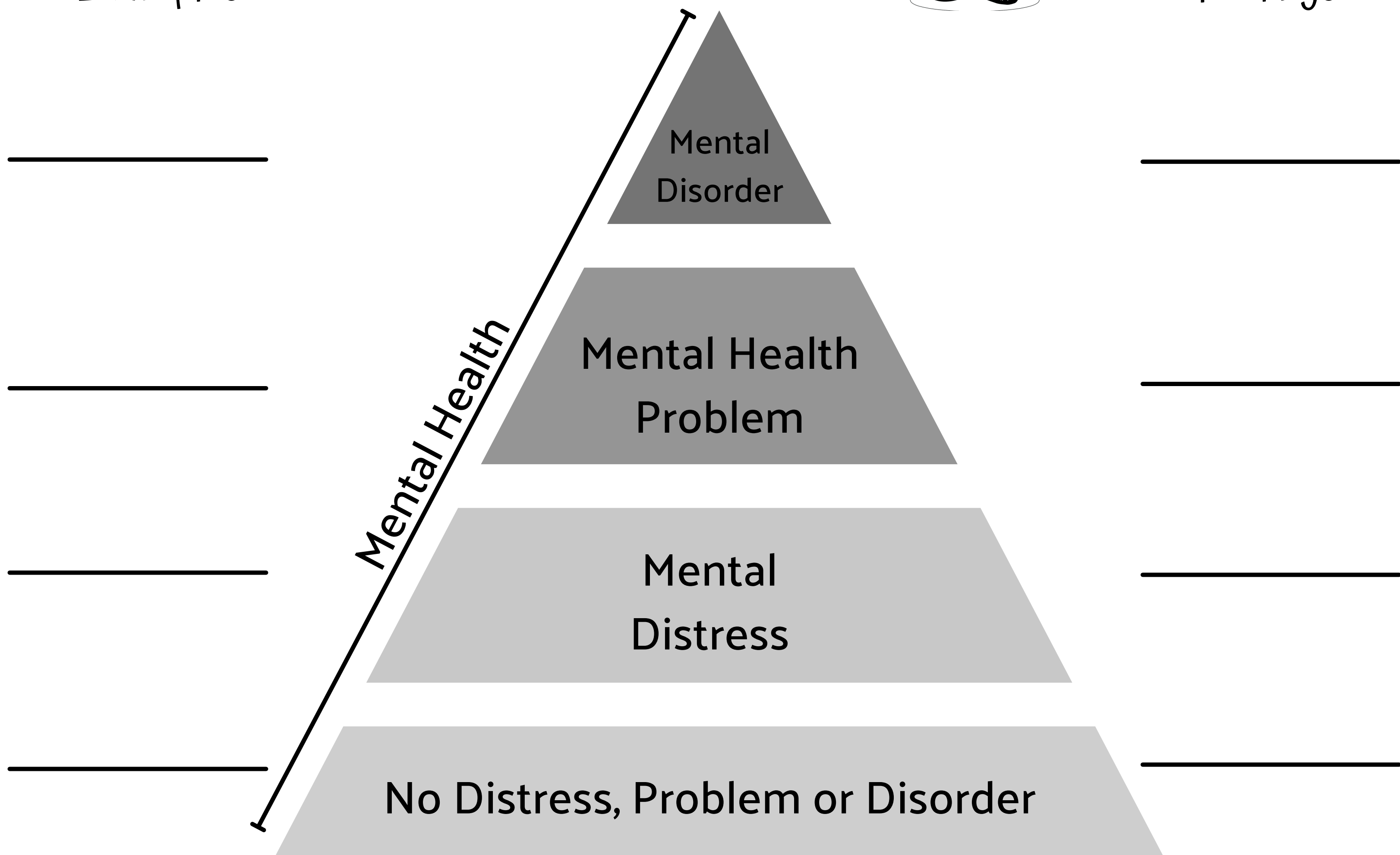
STATES OF MENTAL HEALTH

Complete the pyramid with examples & feelings for each mental health state.



Examples

Feelings



Remember:
everyone has
mental health.

