

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

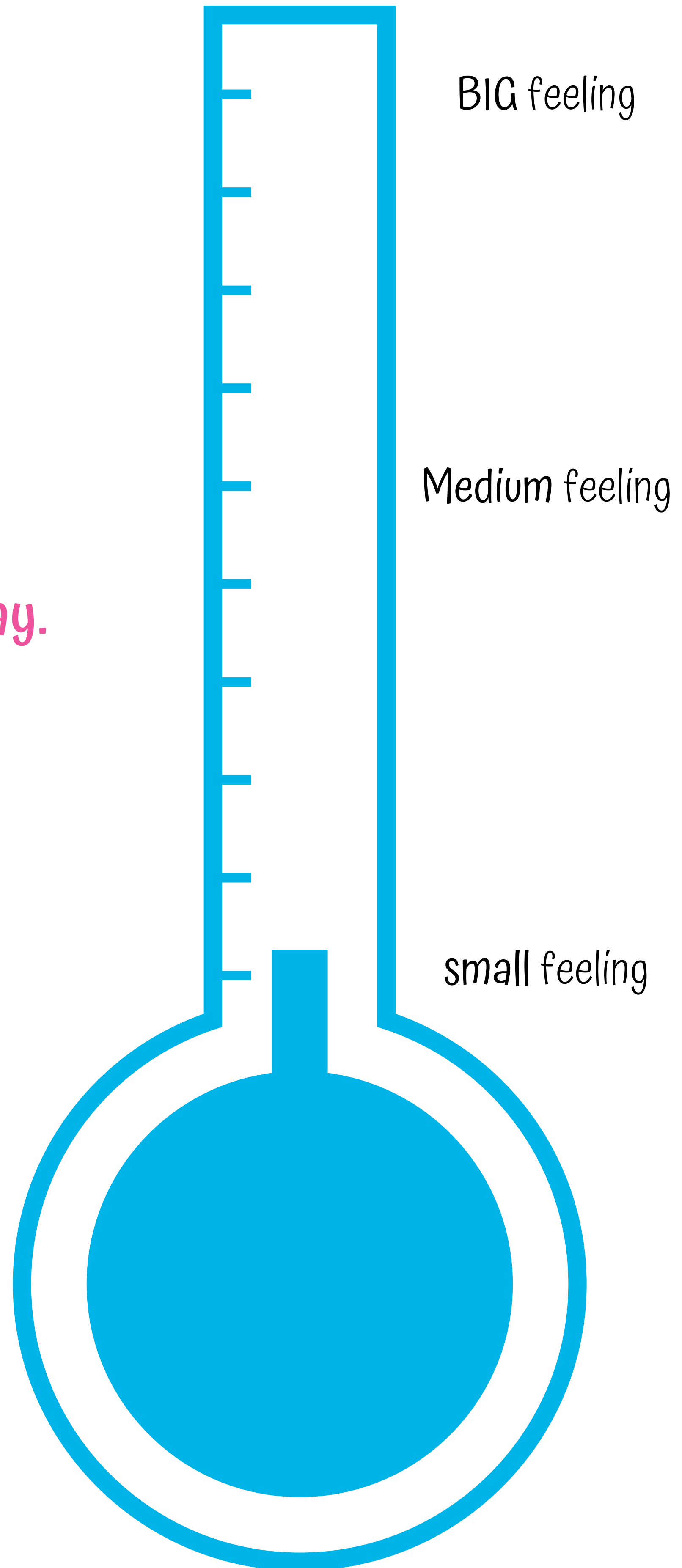


I feel _____ today.



Remember:

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



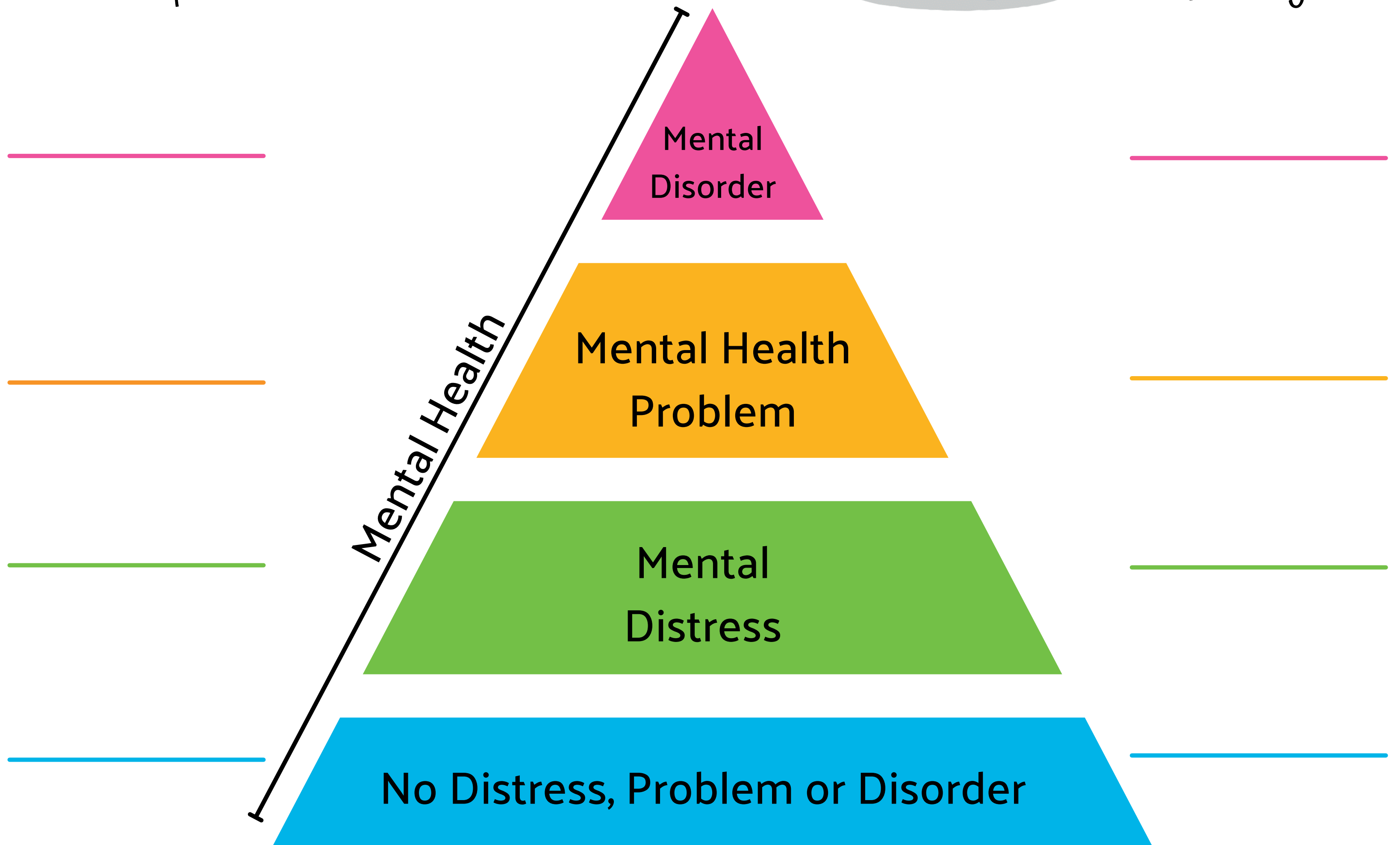
STATES OF MENTAL HEALTH

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



Examples

Feelings



Remember:
everyone has
mental health.

