

# How to use this book

## When I am feeling .....

My face looks like

Draw a picture, describe what your face looks like when you are feeling the emotion shown on this page.

Make up your own face, or use images provided.

My body looks like

Draw a picture, describe what your body might look like when you are feeling the emotion shown on this page.

What do your arms and legs look like? How about your hands and feet?

## What makes me feel .....

Make a list/draw pictures of things, people, places and events that **MAKE YOU FEEL** the emotion shown on this page. Think about times when you have felt this emotion and list them here, or draw pictures of them.

Make a list/draw pictures, of things, people, places and events that will make you feel better.