## **How I Feel**

I feel:

Нарру	Mad	Sad	Glad
Worried	Excited	Bored	Scared
Annoyed	Upset	Sick	Nervous

I feel this way because:	
	$= \bigcirc$
This is what I did about it:	
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Something else I could have done is:	-
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Ask for help	Take deep breaths	Walk away
Do something else	Tell an adult	Talk to a friend