



# TERMS OF USE

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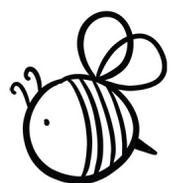
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**EMOTION CARDS**

mad	
perplexed	
peaceful	
upset	

**Thoughts, Feelings, Actions**  
WHAT WE THINK AFFECTS HOW WE FEEL AND ACT

**COMIC STRIP**

**MAKE A FACE**  
WHAT WE DO AFFECTS HOW WE THINK AND FEEL

Pick out all the emotions you have felt in one week. Notice how they change constantly.

Play charades by picking out an emotion card, hiding it and acting out the emotion.

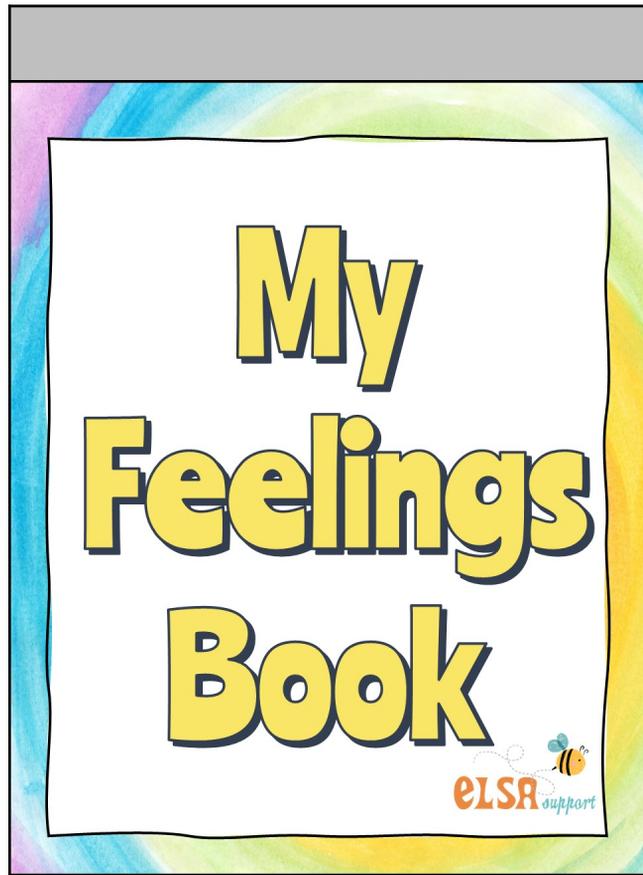
Pick out 5 emotions you have felt today

Pick out the comfortable emotions and think about ways you can promote these emotions in yourself.



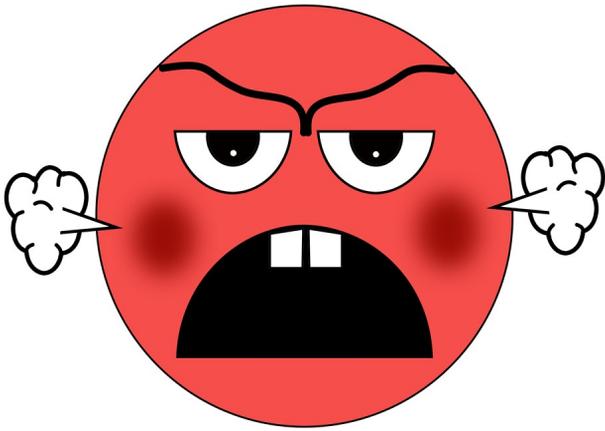
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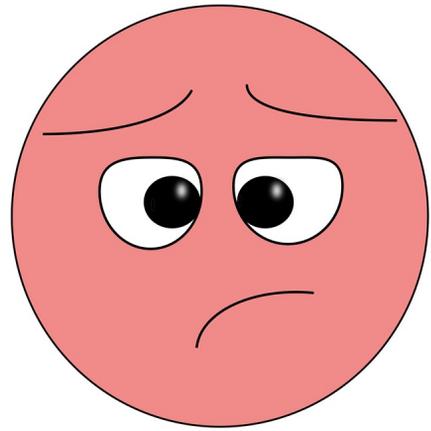
Print out the pieces and cut out  
Glue, staple or use split rings to bind together

I feel angry



because...

I feel annoyed



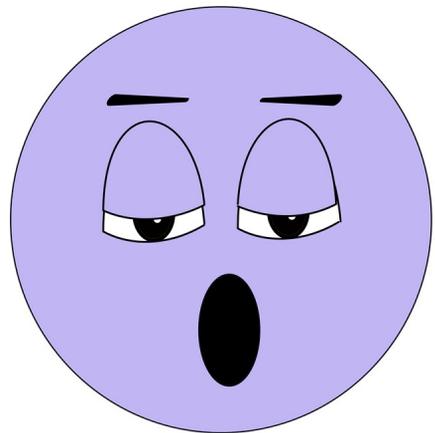
because...

I feel disgusted



because...

I feel tired



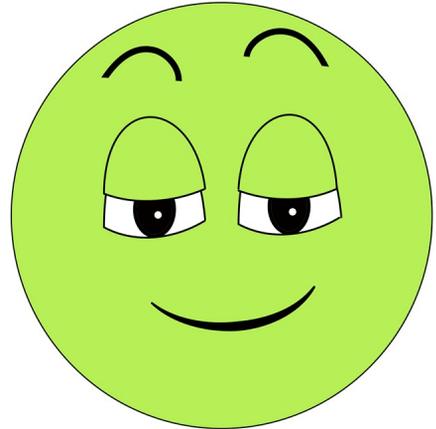
because...

I feel happy



because...

I feel calm



because...

I feel sad



because...

I feel surprised



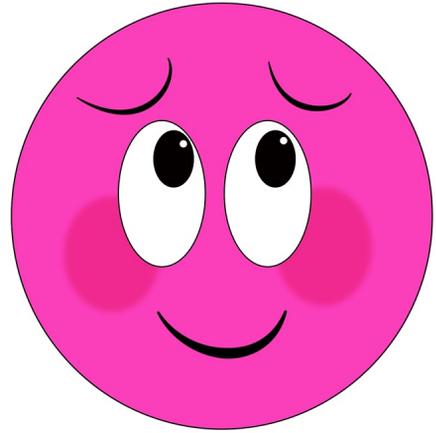
because...

I feel scared



because...

I feel embarrassed



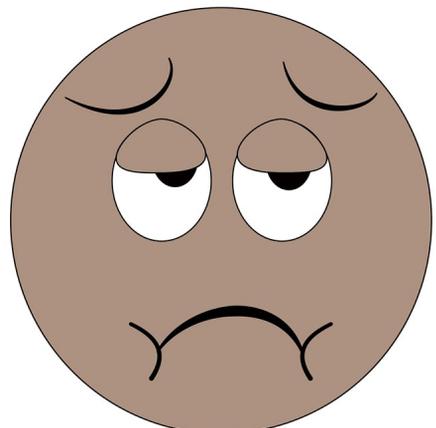
because...

I feel confused



because...

I feel sick



because...