

# FEELING CRABBY

We all have things that make us feel... not good. Knowing what they are can help us work out what we can do to feel better...



I DON'T LIKE...

IT MAKES ME FEEL...

- ☐ WORRIED
- ☐ ANGRY
- ☐ SCARED
- ☐ SAD
- ☐ EMBARRASSED
- ☐ LONELY
- ☐ UNCOMFORTABLE
- ☐ SOMETHING ELSE...

SOME THINGS THAT  
HELP ME FEEL BETTER...

