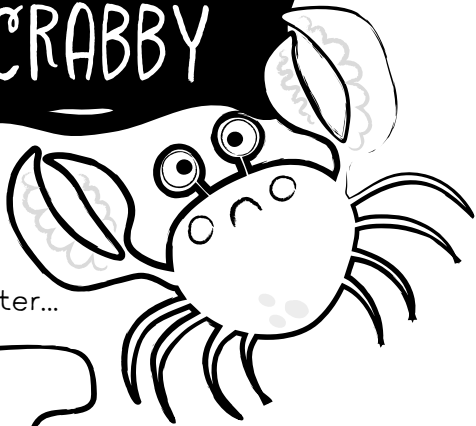


FEELING CRABBY

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...

