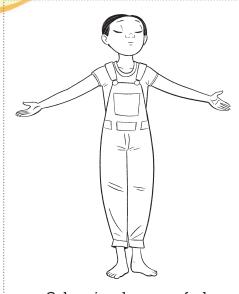
*HOW*DOIFEEL?

What is the emotion that I am feeling?



Colour in where you feel the emotion in your body.

Why	do I think	I feel this way?	
• • • • • • •			
• • • • • • •			
• • • • • • • •			
How is this emotion trying to help me?			

Draw the emotion you are feeling.



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