Tired Unwell Upset	Happy Calm OK	Frustrated Worried Scared	Angry Mad Cross
<u>What can I do?</u> Do something that makes me happy	<u>What can I do?</u> Be happy Be kind	<u>What can I do?</u> Move away Tell an adult Ask for help	<u>What can I do?</u> Stop and take a deep breath Count to 5 Move away Squeeze a squishy ball Go to my room