## **HOW ARE YOU FEELING?**

		MORE ENERGY		
Angry	Frustrated		Нарру	Excited
			·	
Scared	Anxious	SKILLS FOR Learning & Life	Focused	Proud
		& Life		PLEASANT
		The School District of Palm Beach County		
			J	
Embarrassed	Disappointed		Peaceful	Grateful
Sad	Lonely	LESS ENERGY	Calm	Safe