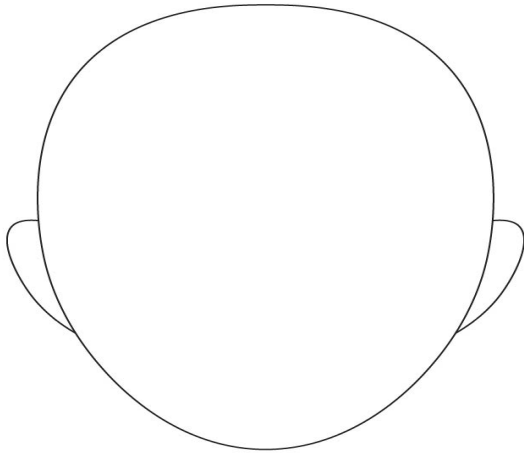


# How do you feel today?

**Draw how you feel today.**



**What can help you feel better?**

- Talk to a teacher
- Take deep breaths
- Take a short break
- Drink water
- Talk to a friend
- Other: \_\_\_\_\_

**Why do you feel this way?**

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