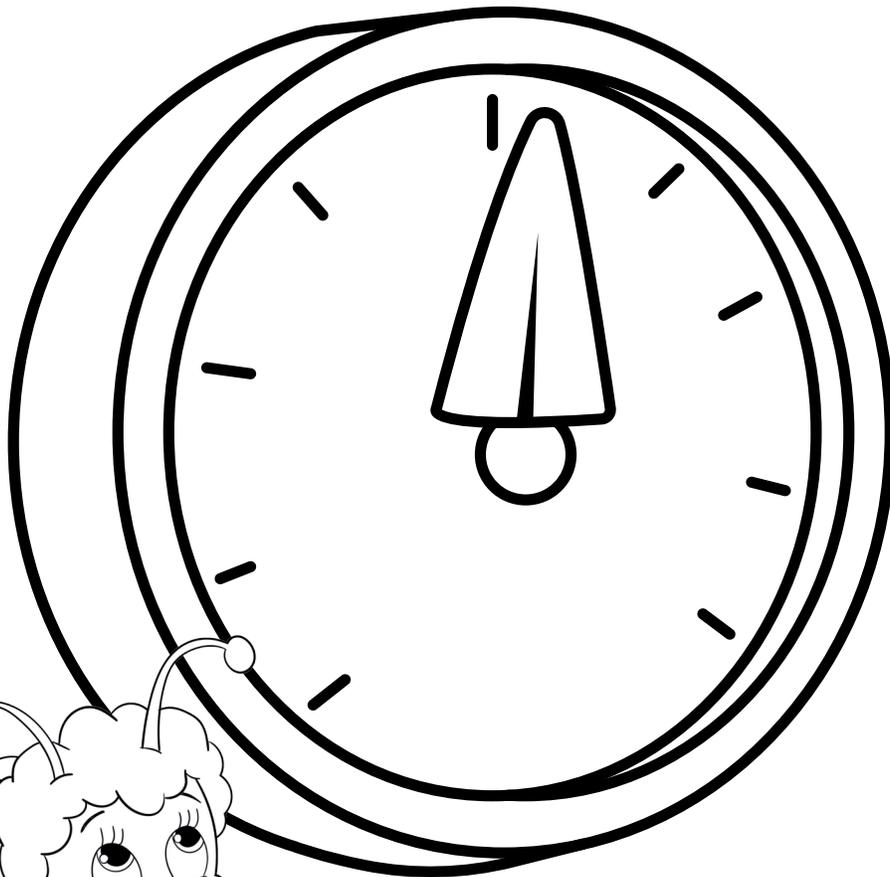


Which Way Am I Feeling Today?

Pause, breathe, and think about what you're feeling.
Look at the Color Key. Color the compass to match your feelings.



Color Key

Angry: Red

Excited: Orange

Happy: Yellow

Safe: Green

Calm: Blue

Scared: Purple

Silly: Pink



FAMILY CONNECTION!

Ask your student to show you how they can use their senses when they pause, breathe, and think.

A summary of today's lesson!