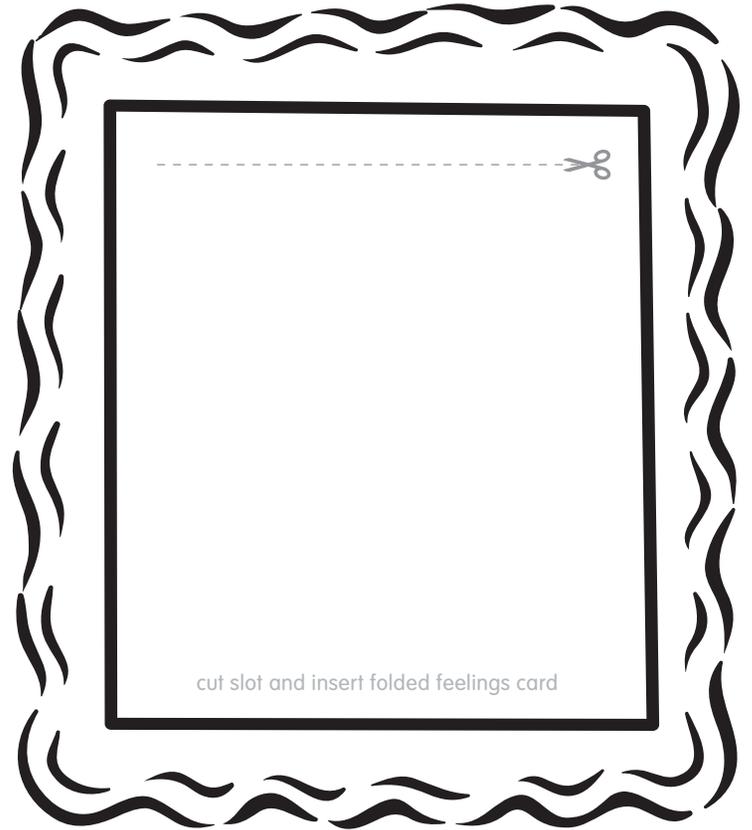
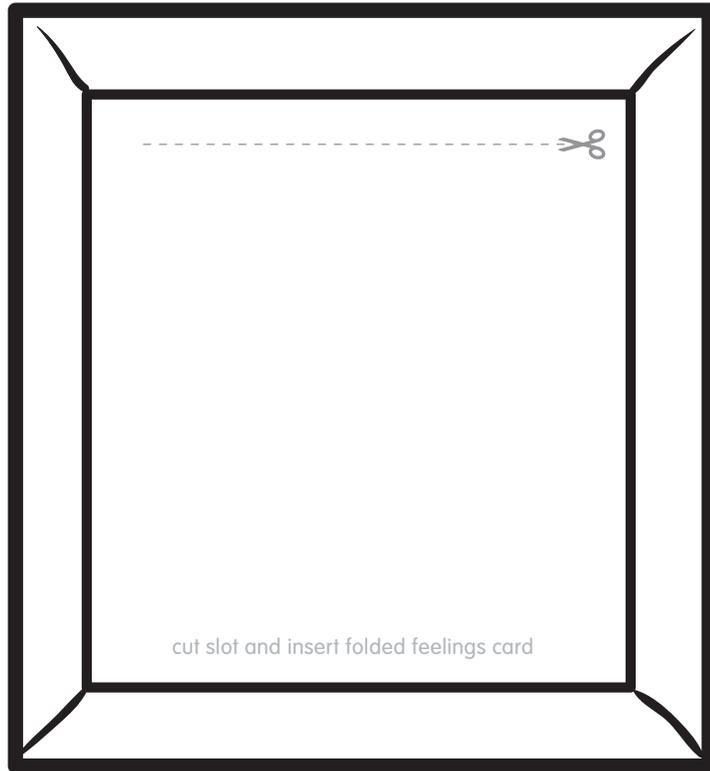
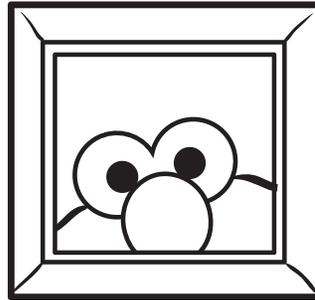


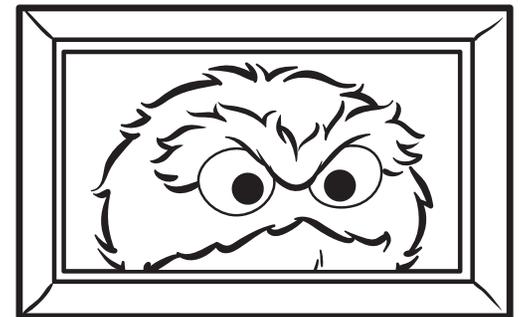
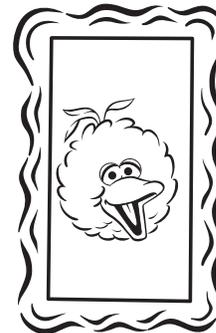
LITTLE children  
BIG challenges



## How Am I Feeling?

Express yourself! This poster can help you name, show, and talk about your feelings anytime.

go to the next page >

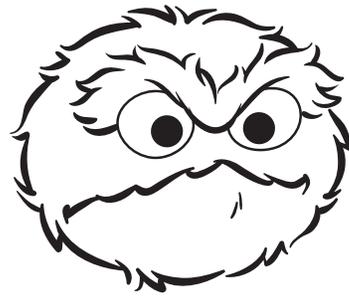


## How Am I Feeling?

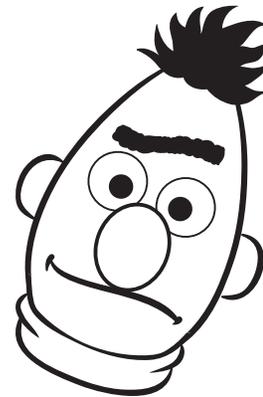
### How to Make It:

1. Color and cut out the feeling cards (pp. 2–3). Your child can draw feelings on the blank cards, too, such as *proud*, *worried*, or *surprised*.
2. Cut along the dotted lines on the poster (p. 1) to make pockets.
3. Help your child hang the poster at home and tuck feeling cards into the pockets. Talk with your child about why he is feeling that way. You can store the extra cards in an envelope and change cards anytime!

go to the next page >



Angry



Upset



Sad

fold here



Happy Affectionate Thrilled

## How Am I Feeling?

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