

Section B: Self-Management Activities



afraid



angry



calm



sad



nervous



miserable



frightened/shocked



Section B: Self-Management Activities

confused



Tired

scared



Excited

in love



Fine/Good

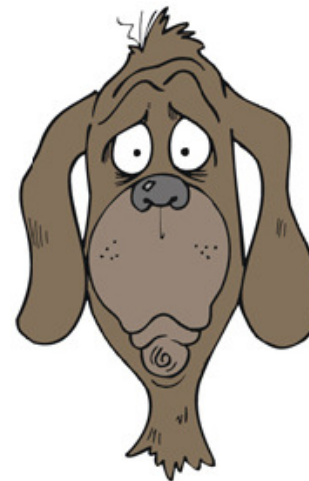
Moods and Feelings



Sick



Crazy/goofy



Upset