

# Remembering My Feelings

Now it's time to think about your feelings. For each box below, write or draw about a time you have felt that emotion. Take your time and remember there are no right or wrong answers, every feeling you experience is important and unique to you.

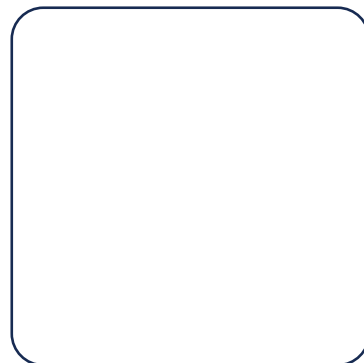
A time you have felt happy:

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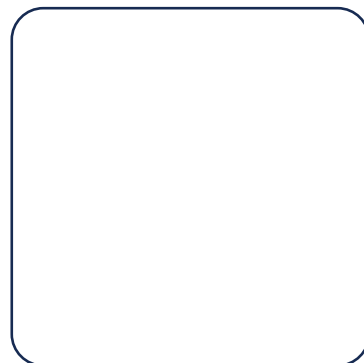
A time you have felt sad:

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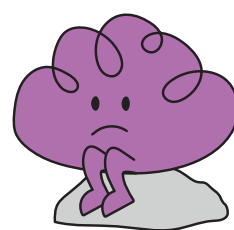
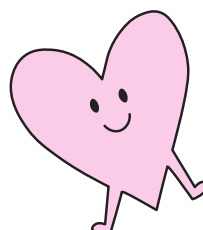
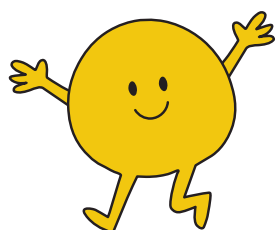
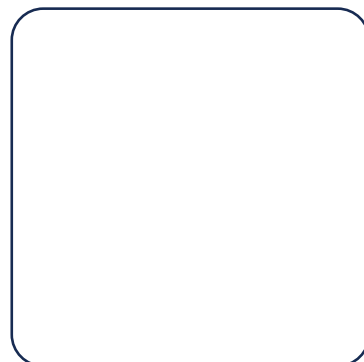
A time you have felt angry:

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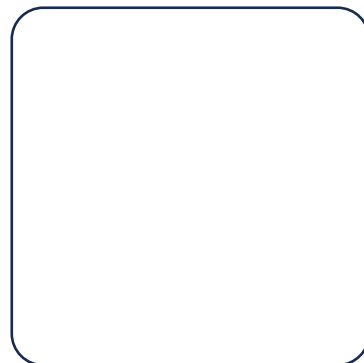
A time you have felt worried:

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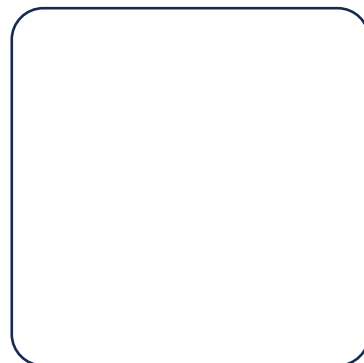
A time you have felt loved:

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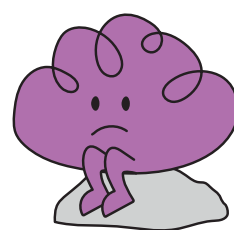
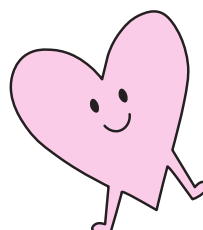
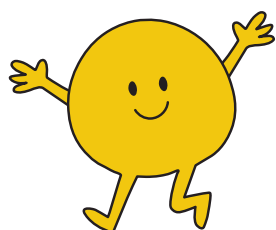
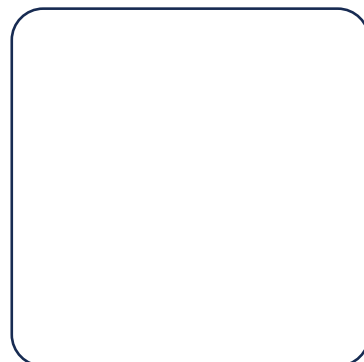
A time you have felt calm:

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A time you have felt embarrassed:

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A time you have felt confident:

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A time you have felt proud:

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