

# Feelings Meter



It's okay to feel all kinds of feelings.  
Take a moment to check in with yourself.  
How do you feel today?



**Angry**

Take deep breaths and count to five.  
Try talking to a grown-up.



**Frustrated**

Stretch, draw, or take a short break.  
It's okay to feel this way!



**Worried**

Try slow breaths or a big stretch.  
Talking to a friend can help.



**Sad**

Hugs, music, or a story can help.  
Let someone know how you feel.



**Calm**

Enjoy this peaceful moment.  
Maybe share a smile!



**Happy**

Spread your joy!  
Dance, sing, or share kindness.