

Every emotion we feel is important and has a place in our life. But, sometimes we want to change the way we are feeling.

If you were feeling like this, and you wanted to feel more like this 😊 can you think of what you could **look at**, **listen to** or **do** to change your mood?

Who would you talk to if you wanted to feel a little bit better?



LOOK AT



LISTEN TO



DO



TALK TO



SAD



NERVOUS



ANGRY