Changes bring lots of feelings. And every feeling has a word to describe it. Point to the face that shows how you are feeling right now, and tell your mom or dad why you think you are feeling that way. Moms and dads have lots of feelings, too, so ask your mom or dad to do the same.

[Attach a photo of yourself here]

here I am feeling______________
because______________________

anxious
happy
shy
playful
worried
nervous
frustrated
sad
outgoing
content
grumpy
calm
disappointed

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