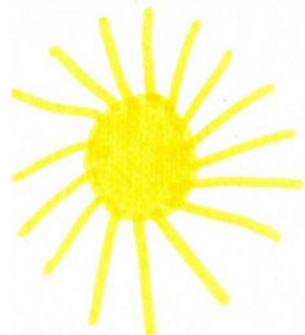


Visual Emotions Cards

Cut along the lines



Today I feel happy like
the sun



Today I feel like the
bright blue cloudy sky, I
am OK



Today I feel sad
and depressed,
like a rainy day



Today I feel
hopeful like a
rainbow



Today I feel like the
wind, I feel anxious



Today I feel confused
and can't think clearly,
like the fog



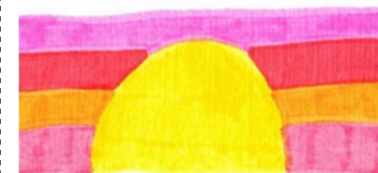
Today I feel scared and
nervous, like thunder
and lightning



Today I feel
stressed like a
tornado



Today I feel tired
and dreamy like
the night sky



Today I feel calm and
relaxed like the setting
sun

Remember, the weather can change during the day, and if you have the same weather all day, that is also fine