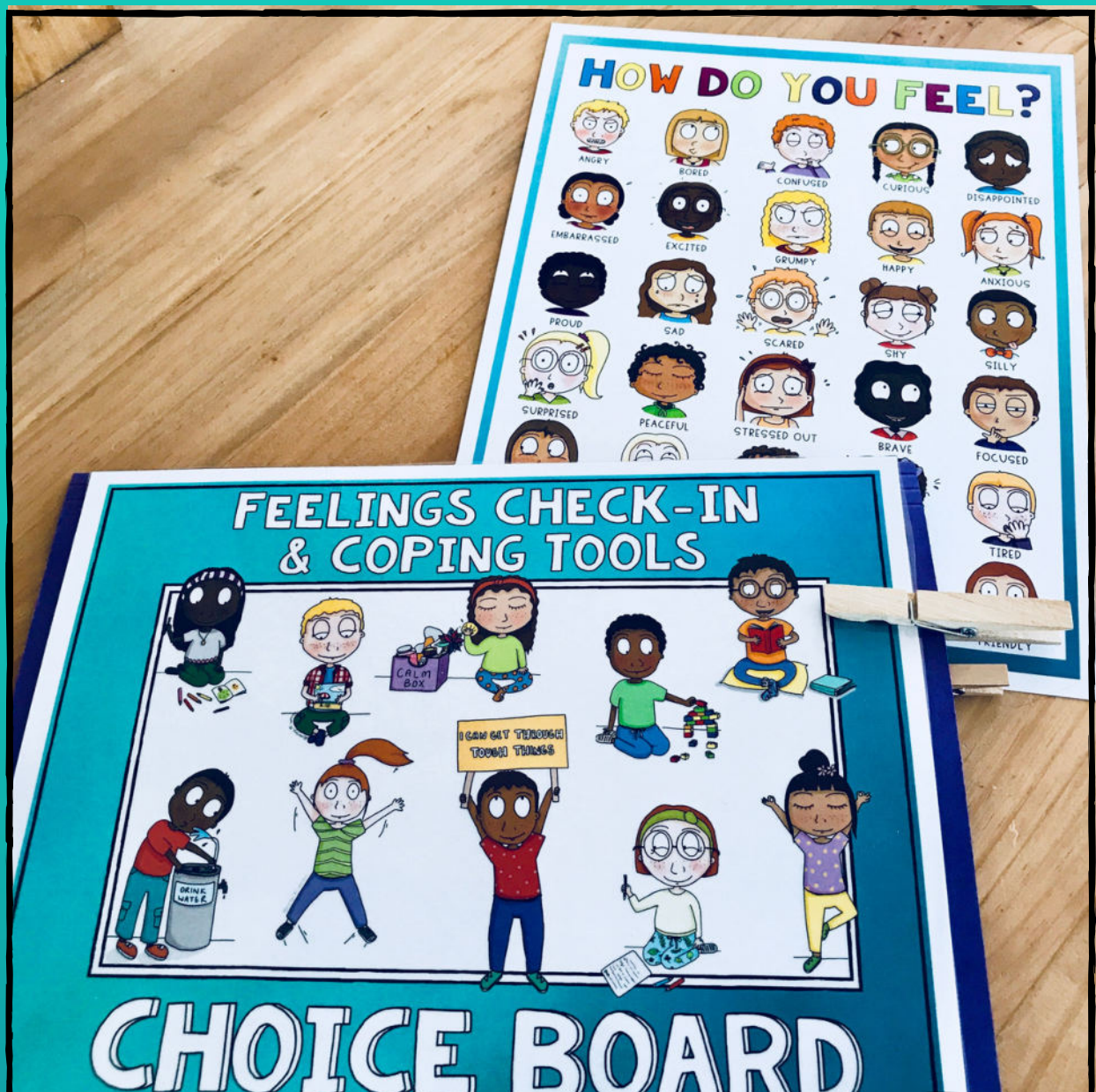


FEELINGS CHECK-IN & COPING TOOLS *Interactive* CHOICE BOARD



Thank You!

Thank you for downloading this resource!

I love creating tools that invite young people to voice
& shape their authentic, strong, vulnerable & brave selves
and that hopefully make your job easier (and more fun), too!

Please contact me with any questions, requests, or feedback at:
wholeheartedschoolcounseling@gmail.com

Joy to You!



About This Resource

When I designed this Feelings Check-In Coping Tools Interactive Choice Board, I wanted to create an easy to use, move, and store self-regulation coping strategies resource for the classroom or counseling office. This Choice Board invites students to reflect - and name - how they are feeling and suggests to them 20 (or so) different calming strategies they can use to help them feel better, more focused, and ready to learn.

Teachers, school counselors, and school social workers can use this resource as a part of their classroom management and/or social-emotional curriculum, as a small group activity, or as an individual intervention for students who need additional support with self-regulation. This lap book can be used stand alone or supplement your classroom and/or office Take A Break, Peace Corner, Zen Zone and Calm Down Station.

All new WholeHearted School Counseling Products
are 50% off the first 48 hours; to be notified of
new releases & promotions, follow the store by
clicking here on this green star!



You May Also Enjoy...

If you are looking for a new Calm Corner resource, or would like to expand on your already existing one, be sure to check out Our Classroom Calm Corner Toolbox. It works in concert with this Choice Board, and includes TONS of resources, including posters, labels, puzzles, feel-good pictures, coloring pages, yoga poses, positive affirmation and strength cards, self-advocacy forms, gratitude worksheets, and so much more!

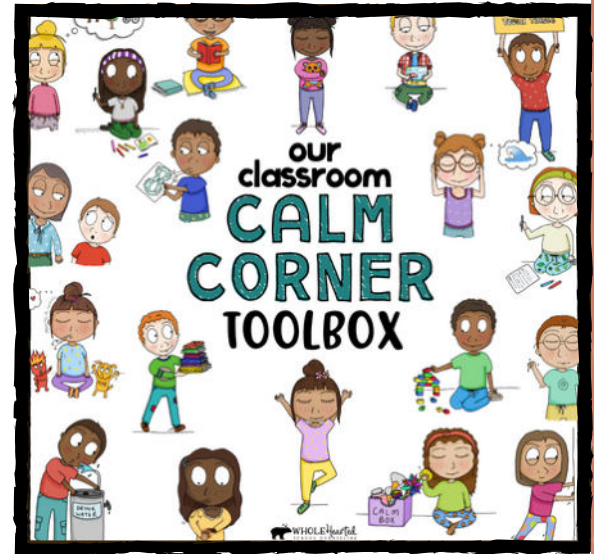


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18X24 FEELINGS POSTERS.....	ZIP FILE

User's Guide

MATERIALS NEEDED TO ASSEMBLE CHOICE BOARD:

- 1 Printed Set of the Feelings Check-In Coping Tools Choice Board
- File Folder
- Scissors
- Glue
- Adhesive Hook and Loop Dots
- At least 1 paper clip and either 3 clothespins/paper clips/ or small binder clips.

HOW TO ASSEMBLE CHOICE BOARD

1. Choose which Choice Board Set you'd like to use: full color, light color, or black/white.

full
color



light
color



black/
white



2. Also choose which base/grid you'd like to use for the "Right Now I Feel" and "To Feel Better I Will" pages (the pages that go inside the file folder). The options are the blank, white square grids or the image-filled grids.

white square
grids

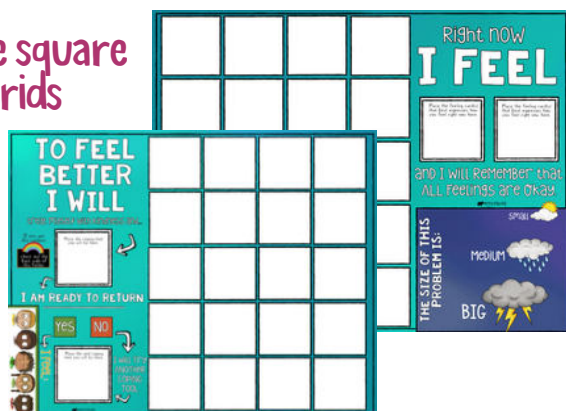


image-filled
grids

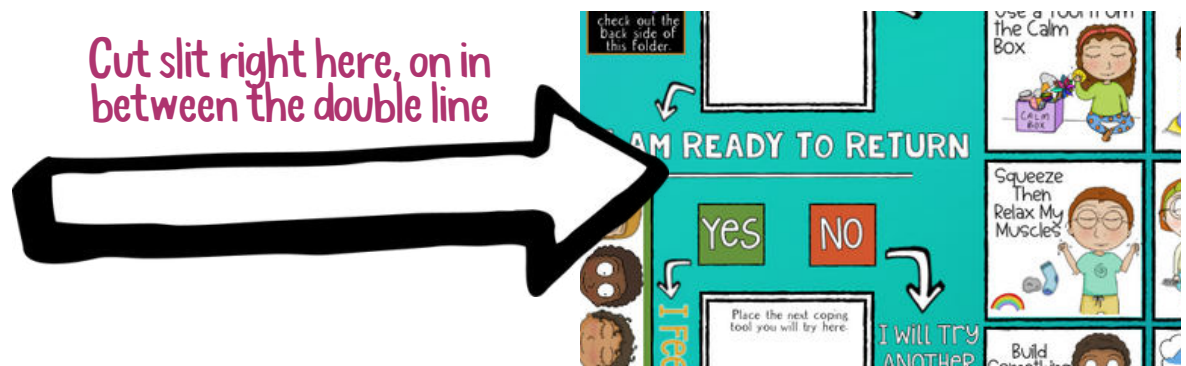


NOTE: The image-filled grids invite users to find matches when putting the Choice Board away. For some, this might help the Choice Boards stay more organized. On the other hand, the blank, white square grids might feel less busy or distracting for some users.

User's Guide

HOW TO ASSEMBLE CHOICE BOARD CONT....

3. Print. Card stock works best. Laminate for durability.
4. Cut a slit on the "To Feel Better I Will" page, right below where it says "I Am Ready to Return". (This is where you will insert a paper clip, so that your students can reflect on and indicate whether or not they are ready to return to/re-join class.



5. Glue the front, 2 inside, and back side pages onto the file folder. Avoid placing glue on the back side of the slit area located on the "To Feel Better I Will" page so that there is some space/give for the paper clip to move. (See pictures on page 7.)



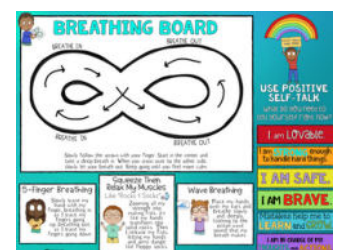
front



top inside



bottom inside



back

HOW TO ASSEMBLE CHOICE BOARD CONT....

6. Cut out Feeling Cards and Coping Tools Cards.



Note: the full color set offers Feeling Cards with a white background and also a colored background. The Feeling Cards with a colored background (yellow, blue, red, and yellow-red/orange) might be useful if you are using color zones/self-regulation curriculum in your school.

7. Place adhesive hook and loop dots in the middle of each square on both grids in addition to the two square located underneath the "Right Now I Feel" page and the 2 squares located underneath the "To Feel Better I Will" page.

8. Attach the opposite side of the adhesive hook and loop dots on the back of each Feeling Cards and Coping Tools Card. Join the Feeling Cards and Coping Tools Cards onto the corresponding grids.

9. Place paperclip in the slit of the "To Feel Better I Will" Page. Also

10. Place paperclip/clothespin/small binder clip on the outside edge of "I Feel" page in the "The Size of this Problem" space (for students to indicate the size of the problem).

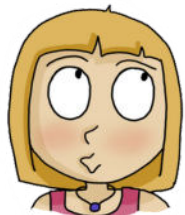
11. Place paperclip/clothespin/small binder clip on the "To Feel Better I Will" page in the "Ready to Return" Kids section (bottom left section).

12. Place paperclip/clothespin/small binder clip on the back "Rainbow" page in the "Positive Self-Talk" section so students can choose a positive affirmation (if they want to try that as a coping skill.)

FEELINGS CHECK-IN & COPING TOOLS



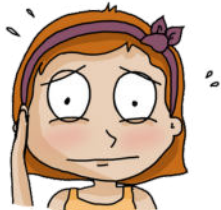
CHOICE BOARD



BORED



DISAPPOINTED



STRESSED OUT



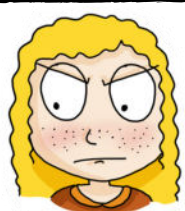
SURPRISED



SILLY



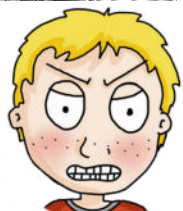
SCARED



GRUMPY



SAD



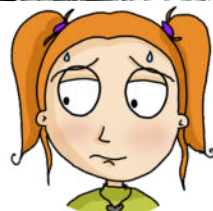
ANGRY



SHY



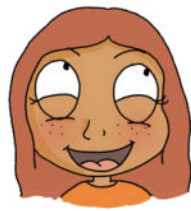
LONELY



ANXIOUS



WORRIED



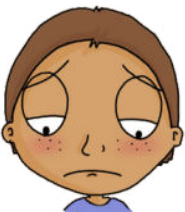
DISTRACTED



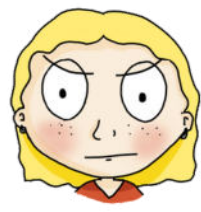
TIRED



EMBARRASSED



HURT



ANNOYED



CONFUSED



OVERWHELMED

Right now I FEEL

Place the feeling card(s)
that best expresses how
you feel right now here.

Place the feeling card(s)
that best expresses how
you feel right now here.

and I will remember that
ALL feelings are Okay.

WHOLEhearted
SCHOOL COUNSELING

THE SIZE OF THIS
PROBLEM IS:

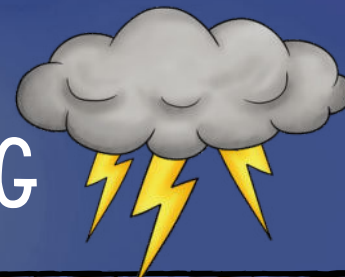
small



MEDIUM



BIG



Right now I FEEL

Place the feeling card(s)
that best expresses how
you feel right now here.

Place the feeling card(s)
that best expresses how
you feel right now here.

and I will REMEMBER that
ALL feelings are Okay.

WHOLEHearted
SCHOOL COUNSELING

THE SIZE OF THIS
PROBLEM IS:

small



MEDIUM



BIG



TO FEEL BETTER I WILL

treat myself with kindness and...

If you see this rainbow

check out the back side of this folder.

Place the coping tool you will try here.

I AM READY TO RETURN

Yes

NO

I Feel:

Place the next coping tool you will try here.

I WILL TRY ANOTHER COPING TOOL



Draw or Color



Use the Breathing Board



Stretch or Do Yoga



List 3 Positive Things I Am Grateful For



Get a Drink of Water



Give Myself or a Stuffed Animal a Big Hug



Use Positive Self-Talk



Quietly Exercise



Use a Tool from the Calm Box



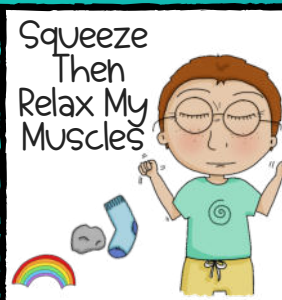
Read a Book or Look at Feel-Good Pictures



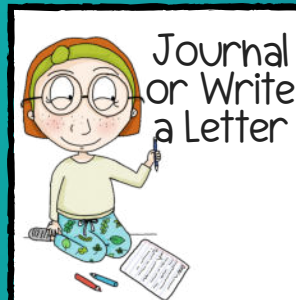
Do 5 Finger Breathing



Think of a Happy Memory or Peaceful Place



Squeeze Then Relax My Muscles



Journal or Write a Letter



Ask for Help



Push Against the Wall and Then Relax



Build Something or Do a Puzzle



Do Wave Breathing



Help Someone or Ask to Do a Classroom Chore



Take Slow, Deep Breaths & Just Sit with My Feelings

TO FEEL BETTER I WILL

treat myself with kindness and...

If you see this rainbow



check out the back side of this folder.

Place the coping tool you will try here.

I AM READY TO RETURN

Yes

No

I Feel:

Place the next coping tool you will try here.

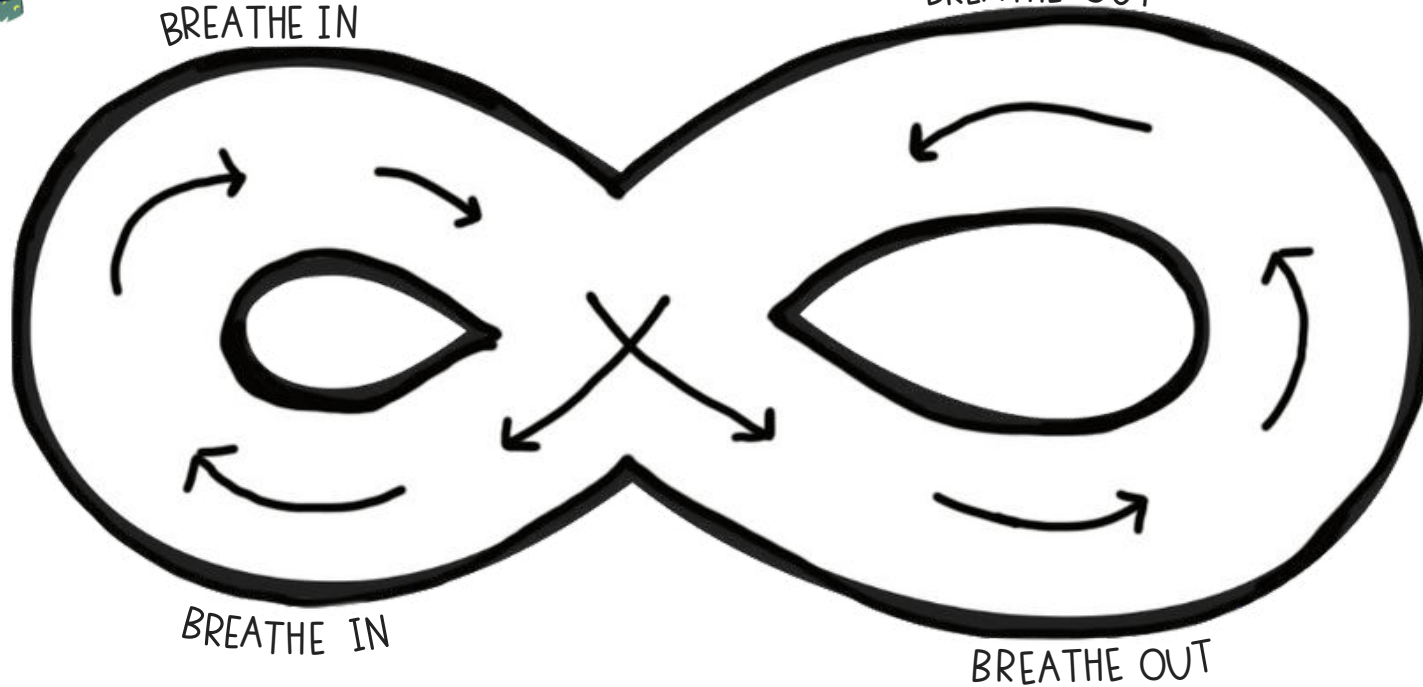
I WILL TRY ANOTHER COPING TOOL



BREATHING BOARD

BREATHE IN

BREATHE OUT



BREATHE IN

BREATHE OUT

Slowly follow the arrows with your finger. Start in the center and take a deep breath in. When you cross over to the other side, slowly let your breath out. Keep going until you feel more calm.



I CAN GET THROUGH
TOUGH THINGS



USE POSITIVE SELF-TALK

What DO YOU need to
tell yourself right now?

I am **LOVable**.

I am **STRONG** enough
to handle hard things.

I AM **SAFE**.

I AM **BRAVE**.

Mistakes help me to
LEARN and **GROW**.

I AM IN CHARGE OF MY
THOUGHTS and **ACTIONS**.

5-Finger Breathing



Slowly trace my
hand with my
finger, breathing in,
as I trace my
fingers going
up...breathing out,
as I trace my
fingers going down.

Squeeze Then Relax My Muscles Like "Rocks & Socks"



Zooming all my
strength into
making fists, it's
like my hands
transform into
solid rocks. Then
I release my fists,
letting my hands
and arms dangle
like floppy socks.

Wave Breathing

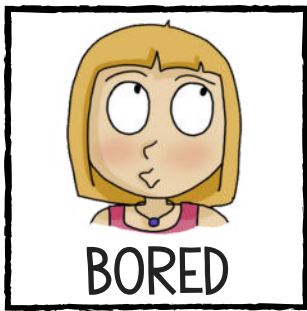


Place my hands
over my ears and
breathe slowly
and deeply,
listening to the
ocean wave
sound that my
breath makes.



FEELING CARDS

Print, laminate (for durability) and cut out each Feeling Card. Attach a self-adhesive hook and loop dot to the middle back side of each one and then place on top of each corresponding spot of the "I Feel" page.



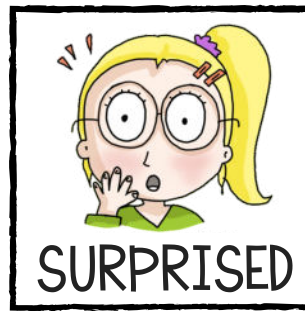
BORED



DISAPPOINTED



STRESSED OUT



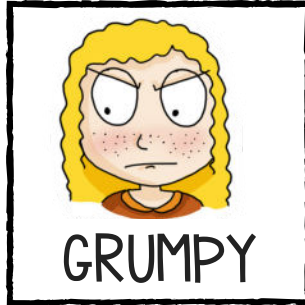
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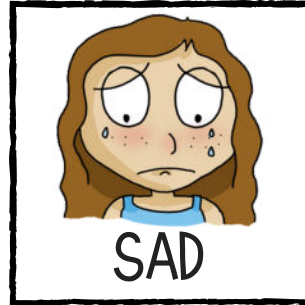
SILLY



SCARED



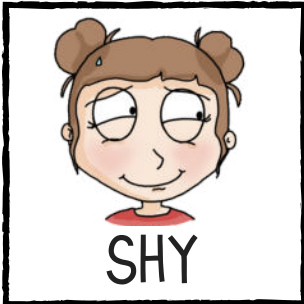
GRUMPY



SAD



ANGRY



SHY



LONELY



ANXIOUS



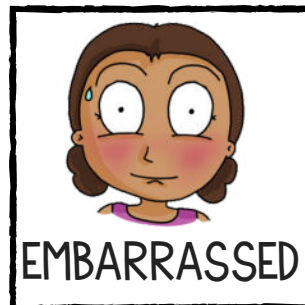
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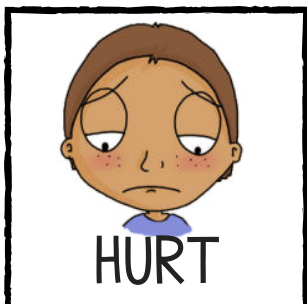
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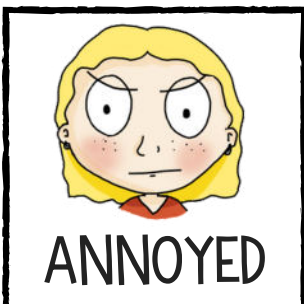
TIRED



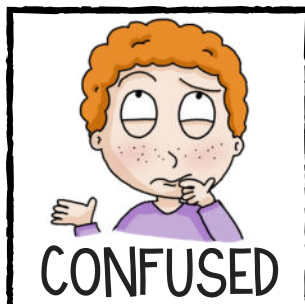
EMBARRASSED



HURT



ANNOYED



CONFUSED



OVERWHELMED

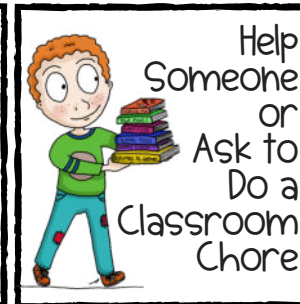
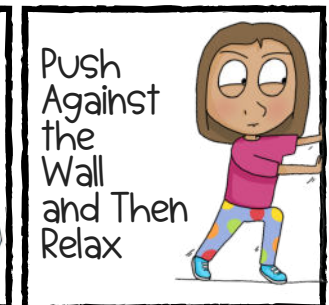
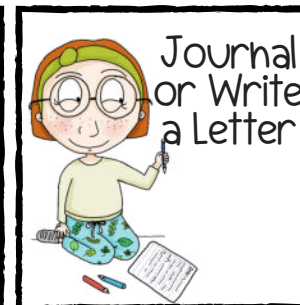
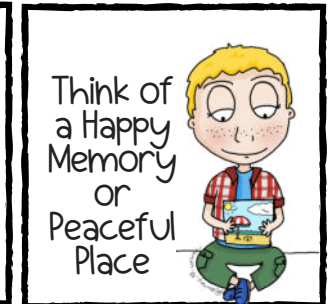
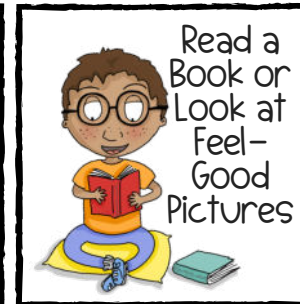
FEELING CARDS

Print, laminate (for durability) and cut out each Feeling Card. Attach a self-adhesive hook and loop dot to the middle back side of each one and then place on top of each corresponding spot of the "I Feel" page.

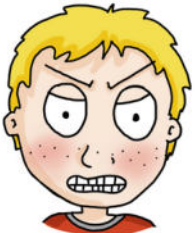
COPING TOOL CARDS

Print, laminate (for durability) and cut out each Coping Tool Card.

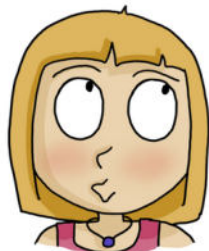
Attach a self-adhesive hook and loop dot to the middle back side of each one and then place on top of each corresponding spot of the "To Feel Better" page.



HOW DO YOU FEEL?



ANGRY



BORED



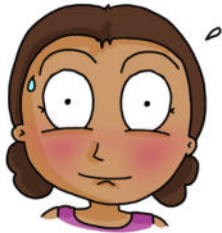
CONFUSED



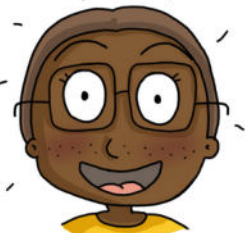
CURIOUS



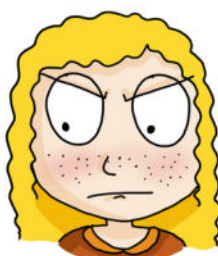
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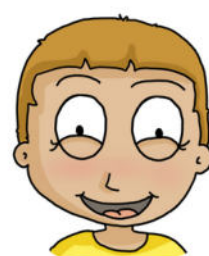
EMBARRASSED



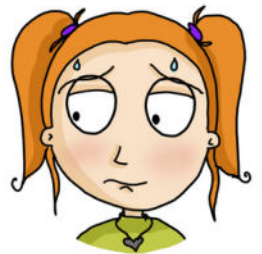
EXCITED



GRUMPY



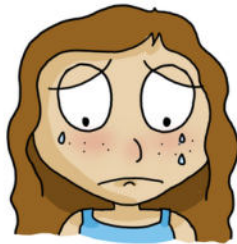
HAPPY



ANXIOUS



PROUD



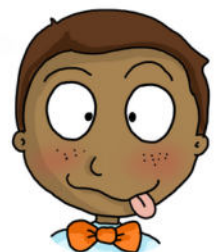
SAD



SCARED



SHY



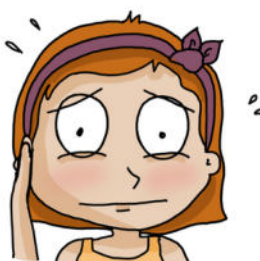
SILLY



SURPRISED



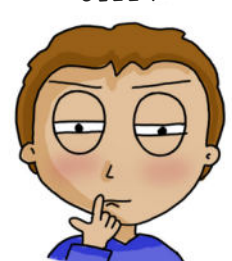
PEACEFUL



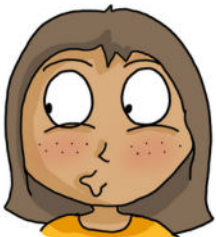
STRESSED OUT



BRAVE



FOCUSED



DISTRACTED



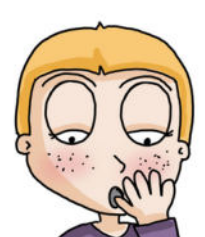
HOPEFUL



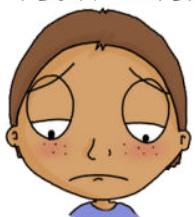
LONELY



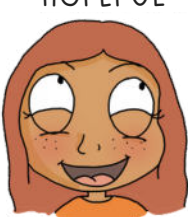
OVERWHELMED



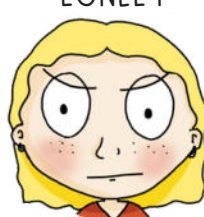
TIRED



HURT



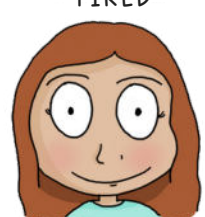
HYPER



ANNOYED



WORRIED



FRIENDLY

I FEEL

☐ **ANGRY**

☐ **EXCITED**

☐ **PEACEFUL**

☐ **ANNOYED**

☐ **FOCUSED**

☐ **PROUD**

☐ **ANXIOUS**

☐ **FRIENDLY**

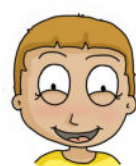
☐ **SAD**

☐ **BORED**

☐ **GRUMPY**

☐ **SCARED**

☐ **BRAVE**

☐ **HAPPY**

☐ **SHY**

☐ **CONFUSED**

☐ **HOPEFUL**

☐ **SILLY**

☐ **CURIOUS**

☐ **HURT**

☐ **STRESSED OUT**

☐ **DISAPPOINTED**

☐ **HYPER**

☐ **SURPRISED**

☐ **DISTRACTED**

☐ **LONELY**

☐ **TIRED**

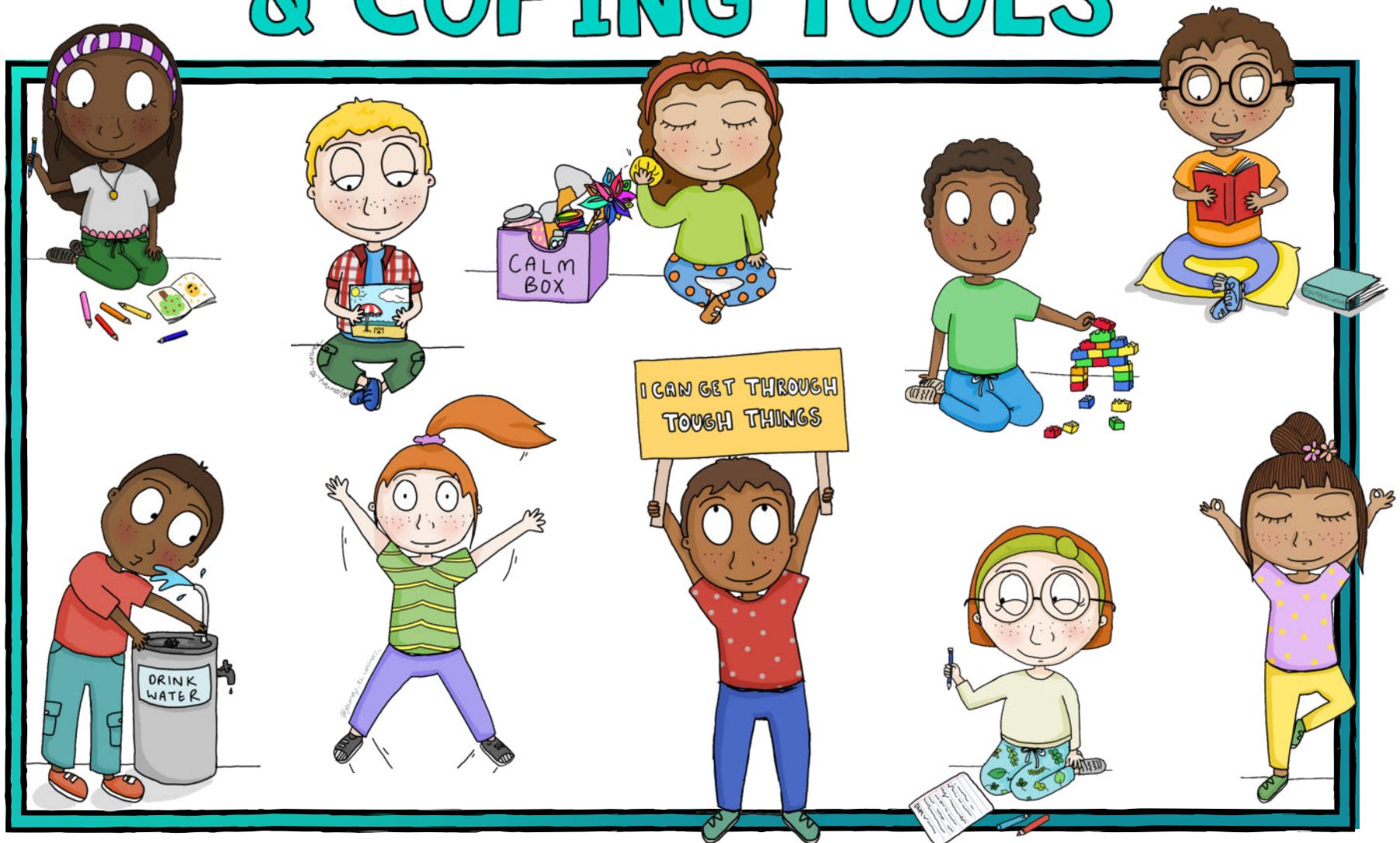
☐ **EMBARRASSED**

☐ **OVERWHELMED**

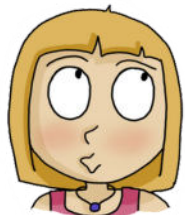
☐ **WORRIED**

☐
☐
☐

FEELINGS CHECK-IN & COPING TOOLS



CHOICE BOARD



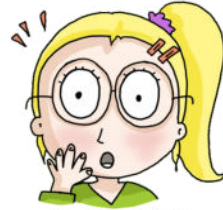
BORED



DISAPPOINTED



STRESSED OUT



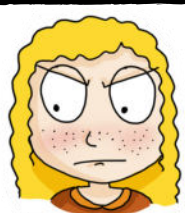
SURPRISED



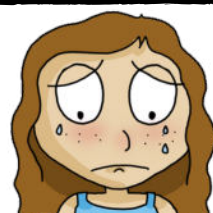
SILLY



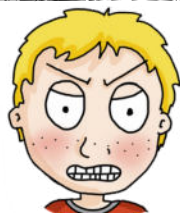
SCARED



GRUMPY



SAD



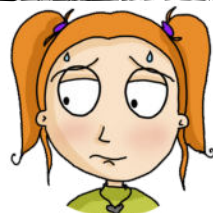
ANGRY



SHY



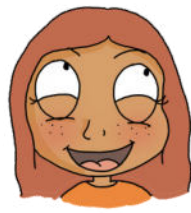
LONELY



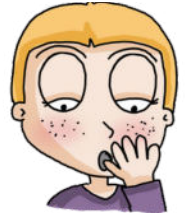
ANXIOUS



WORRIED



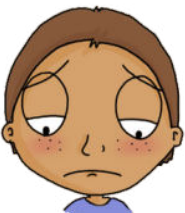
DISTRACTED



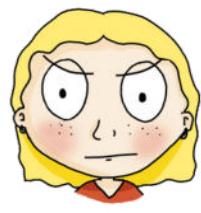
TIRED



EMBARRASSED



HURT



ANNOYED



CONFUSED



OVERWHELMED

Right now I FEEL

Place the feeling card(s)
that best expresses how
you feel right now here.

Place the feeling card(s)
that best expresses how
you feel right now here.

And I will remember that
ALL feelings are okay

WHOLEhearted
SCHOOL COACHING

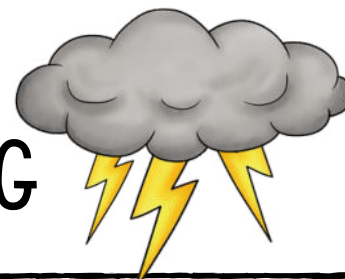
small



MEDIUM



BIG



THE SIZE OF THIS
PROBLEM IS

Right now I FEEL

Place the feeling card(s)
that best expresses how
you feel right now here.

Place the feeling card(s)
that best expresses how
you feel right now here.

And I will remember that
ALL feelings are Okay

WHOLEHearted
SCHOOL COACHING

THE SIZE OF THIS
PROBLEM IS

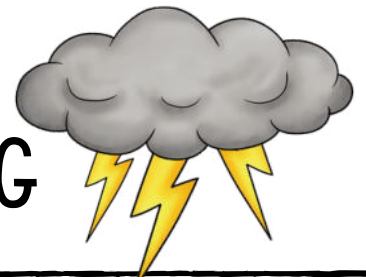
small



MEDIUM



BIG



TO FEEL BETTER I WILL

treat myself with kindness and...

If you see this rainbow



Place the coping tool you will try here.

I AM READY TO RETURN

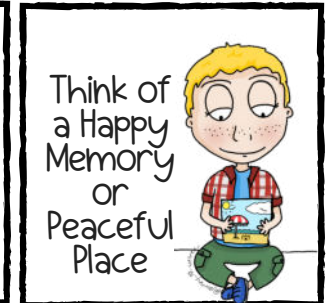
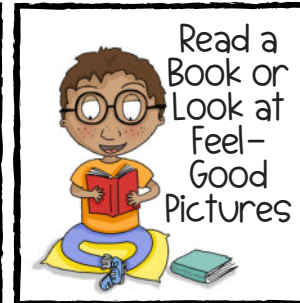
Yes

NO

I FEEL:

Place the next coping tool you will try here.

I WILL TRY ANOTHER COPING TOOL



TO FEEL BETTER I WILL

treat myself with kindness and...

If you see this rainbow



Place the coping tool you will try here.



I AM READY TO RETURN

Yes

No

I feel:

Place the next coping tool you will try here.

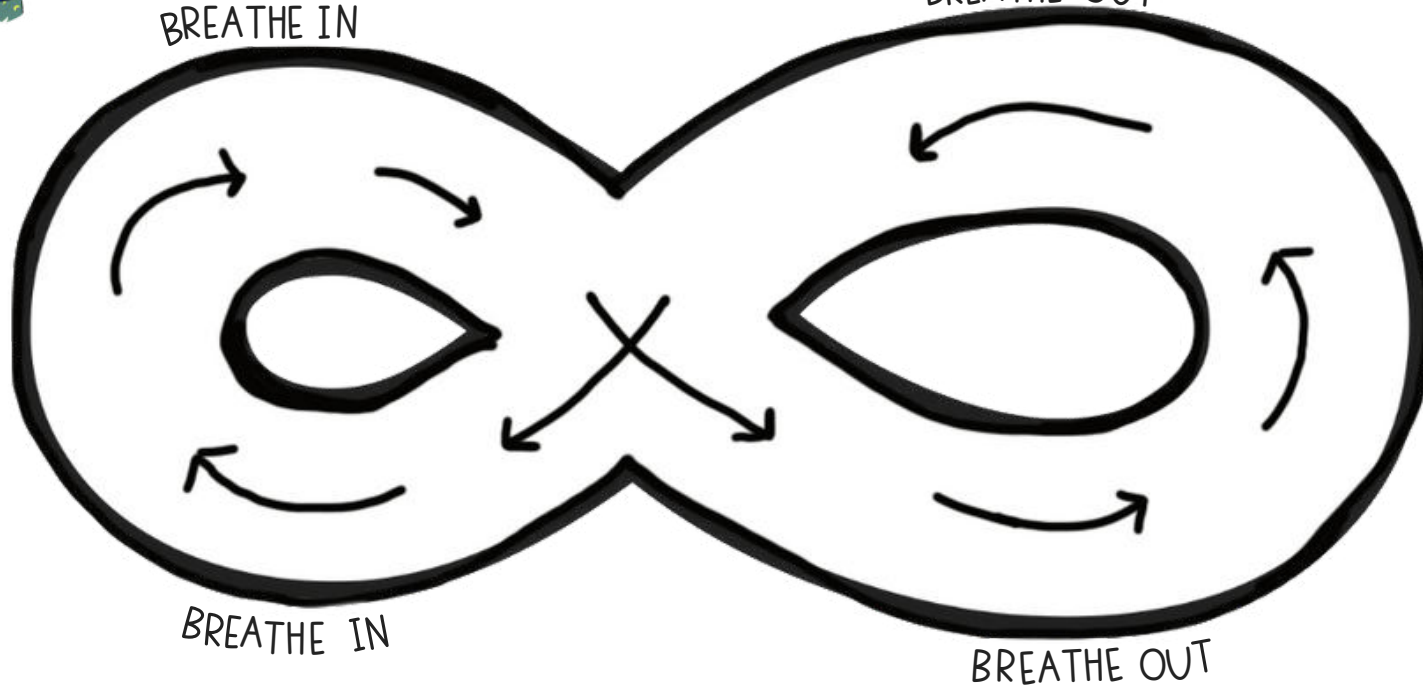
I WILL TRY ANOTHER COPING TOOL



BREATHING BOARD

BREATHE IN

BREATHE OUT



BREATHE IN

BREATHE OUT

Slowly follow the arrows with your finger. Start in the center and take a deep breath in. When you cross over to the other side, slowly let your breath out. Keep going until you feel more calm.



I CAN GET THROUGH
TOUGH THINGS



USE POSITIVE SELF-TALK

What DO YOU need to
tell yourself right now?

I am **LOVable**.

I am **STRONG** enough
to handle hard things.

I AM **SAFE**.

I AM **BRAVE**.

Mistakes help me to
LEARN and **GROW**.

I AM IN CHARGE OF MY
THOUGHTS and **ACTIONS**.

5-Finger Breathing



Slowly trace my hand with my finger, breathing in, as I trace my fingers going up...breathing out, as I trace my fingers going down.

Squeeze Then Relax My Muscles Like "Rocks & Socks"

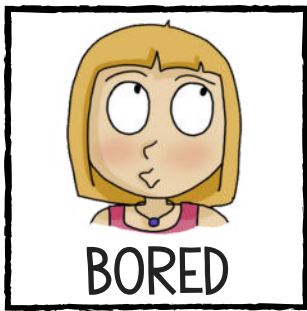


Zooming all my strength into making fists, it's like my hands transform into solid rocks. Then I release my fists, letting my hands and arms dangle like floppy socks.

Wave Breathing



Place my hands over my ears and breathe slowly and deeply, listening to the ocean wave sound that my breath makes.



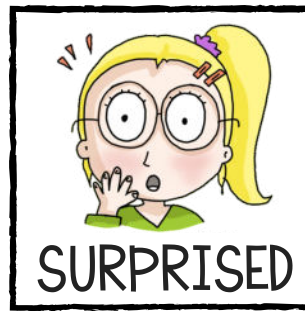
BORED



DISAPPOINTED



STRESSED OUT



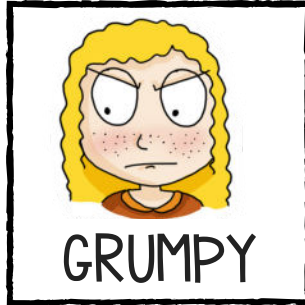
SURPRISED



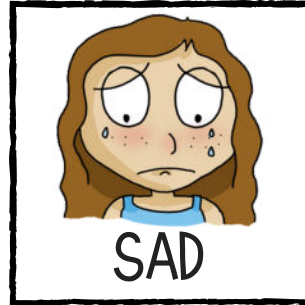
SILLY



SCARED



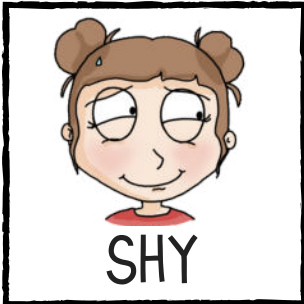
GRUMPY



SAD



ANGRY



SHY



LONELY



ANXIOUS



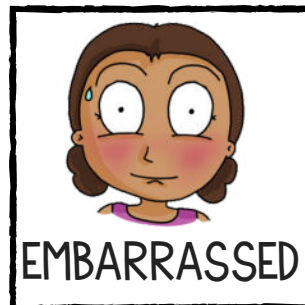
WORRIED



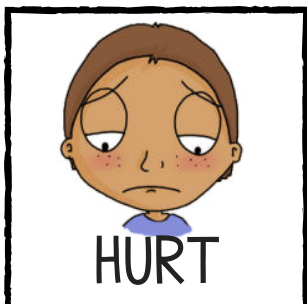
DISTRACTED



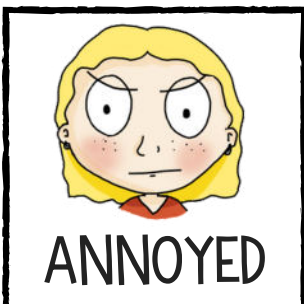
TIRED



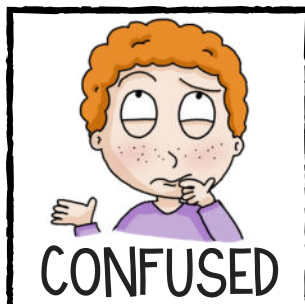
EMBARRASSED



HURT



ANNOYED



CONFUSED



OVERWHELMED

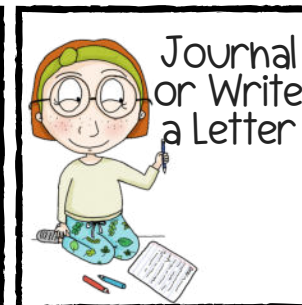
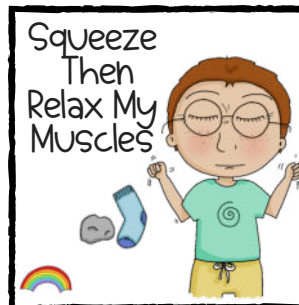
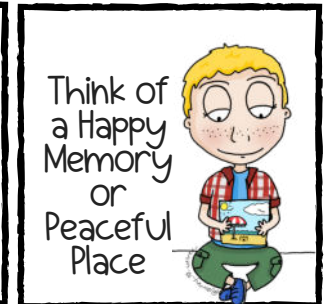
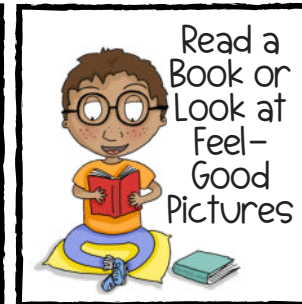
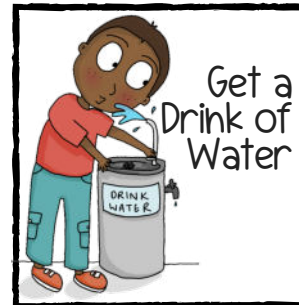
FEELING CARDS

Print, laminate (for durability) and cut out each Feeling Card. Attach a self-adhesive hook and loop dot to the middle back side of each one and then place on top of each corresponding spot of the "I Feel" page.

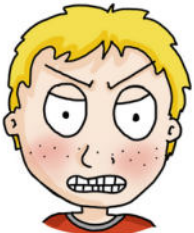
COPING TOOL CARDS

Print, laminate (for durability) and cut out each Coping Tool Card.

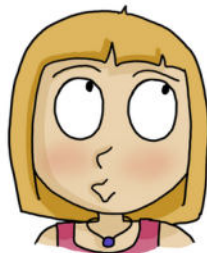
Attach a self-adhesive hook and loop dot to the middle back side of each one and then place on top of each corresponding spot of the "To Feel Better" page.



HOW DO YOU FEEL?



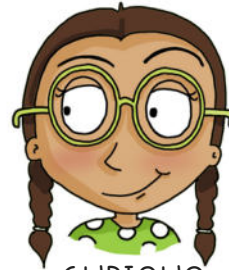
ANGRY



BORED



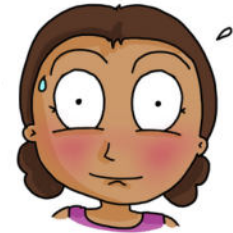
CONFUSED



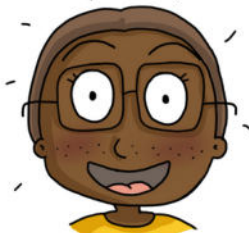
CURIOUS



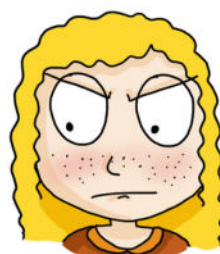
DISAPPOINTED



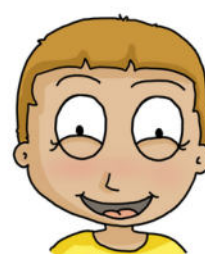
EMBARRASSED



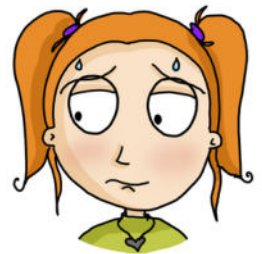
EXCITED



GRUMPY



HAPPY



ANXIOUS



PROUD



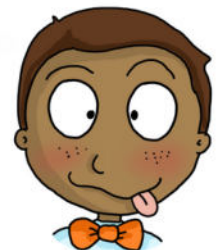
SAD



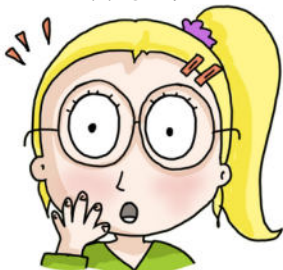
SCARED



SHY



SILLY



SURPRISED



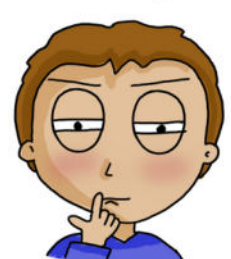
PEACEFUL



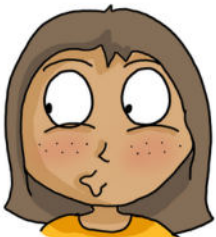
STRESSED OUT



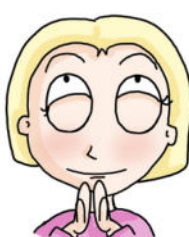
BRAVE



FOCUSED



DISTRACTED



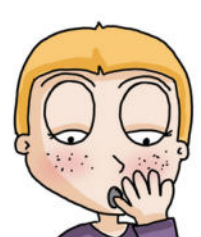
HOPEFUL



LONELY



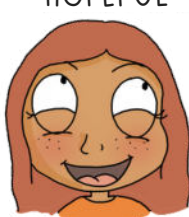
OVERWHELMED



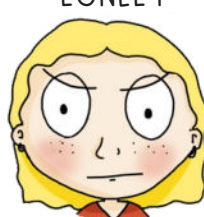
TIRED



HURT



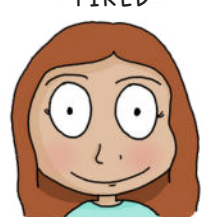
HYPER



ANNOYED



WORRIED



FRIENDLY

I FEEL

☐

ANGRY


☐

EXCITED


☐

PEACEFUL


☐

ANNOYED


☐

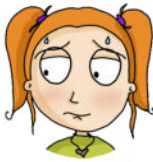
FOCUSED


☐

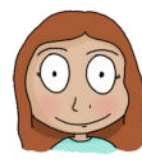
PROUD


☐

ANXIOUS


☐

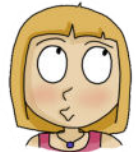
FRIENDLY


☐

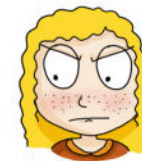
SAD


☐

BORED


☐

GRUMPY


☐

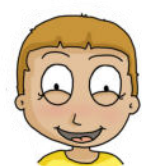
SCARED


☐

BRAVE


☐

HAPPY


☐

SHY


☐

CONFUSED


☐

HOPEFUL


☐

SILLY


☐

CURIOUS


☐

HURT


☐

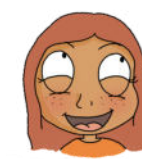
STRESSED OUT


☐

DISAPPOINTED


☐

HYPER


☐

SURPRISED


☐

DISTRACTED


☐

LONELY


☐

TIRED


☐

EMBARRASSED


☐

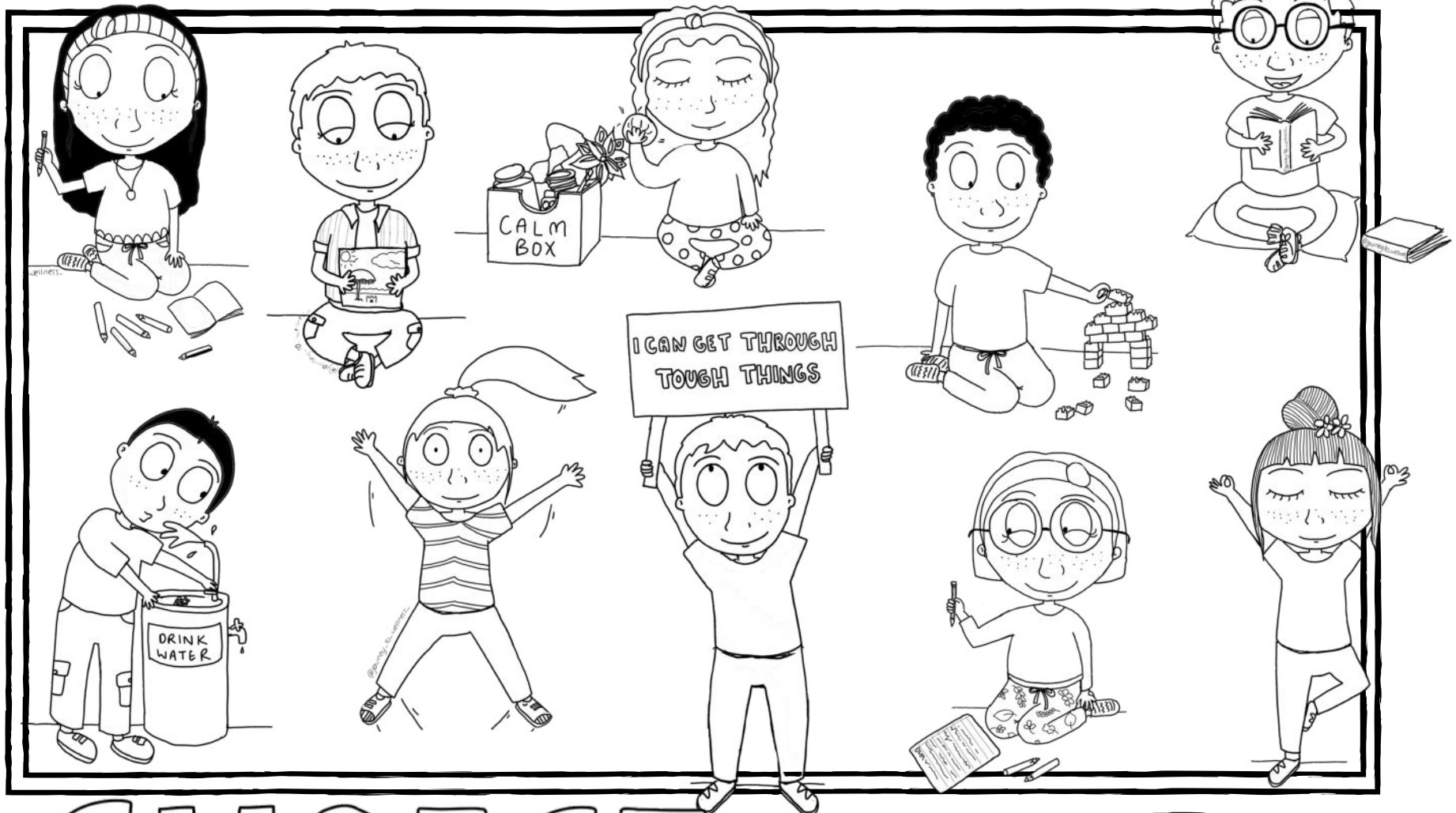
OVERWHELMED


☐

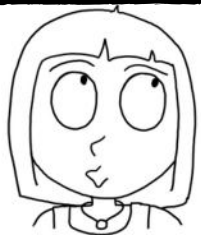
WORRIED


☐
☐
☐

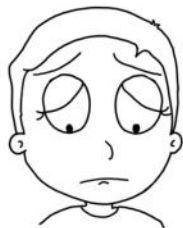
FEELINGS CHECK-IN & COPING TOOLS



CHOICE BOARD



BORED



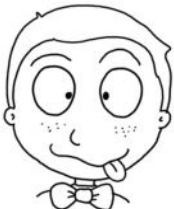
DISAPPOINTED



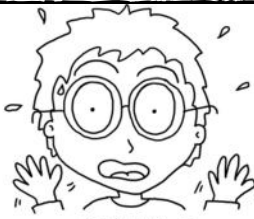
STRESSED OUT



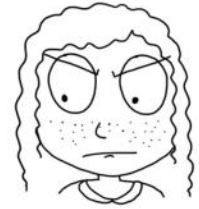
SURPRISED



SILLY



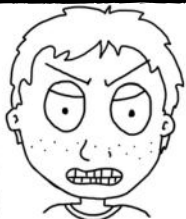
SCARED



GRUMPY



SAD



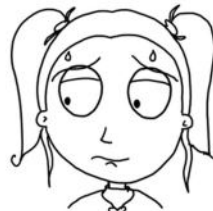
ANGRY



SHY



LONELY



ANXIOUS



WORRIED



DISTRACTED



TIRED



EMBARRASSED



HURT



ANNOYED



CONFUSED



OVERWHELMED

Right now I FEEL

Place the feeling card(s)
that best expresses how
you feel right now here.

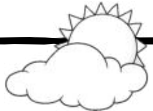
Place the feeling card(s)
that best expresses how
you feel right now here.

and I will Remember that
ALL feelings are Okay

WHOLEhearted
SCHOOL COACHING

THE SIZE OF THIS
PROBLEM IS:

small



MEDIUM



BIG



Right now I FEEL

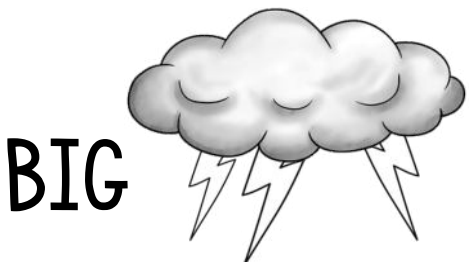
Place the feeling card(s)
that best expresses how
you feel right now here.

Place the feeling card(s)
that best expresses how
you feel right now here.

and I Will Remember that
ALL Feelings are Okay



THE SIZE OF THIS
PROBLEM IS:



TO FEEL BETTER I WILL

treat myself with kindness and.

If you see
this rainbow



check out the
back side of
this folder.

Place the coping tool
you will try here.

I AM READY TO RETURN

Yes

No

Place the next coping
tool you will try here.

IF I FEEL:

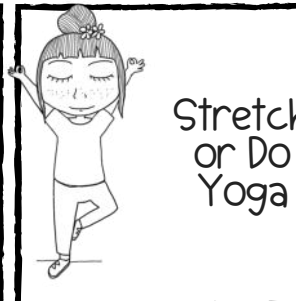
I WILL TRY
ANOTHER
COPING
TOOL



Draw
or
Color



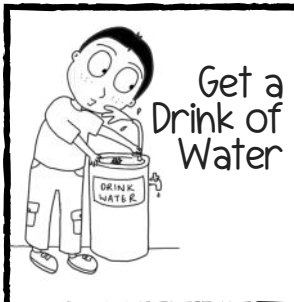
Use the
Breathing
Board



Stretch
or Do
Yoga



List 3
Positive
Things I Am
Grateful
For



Get a
Drink of
Water



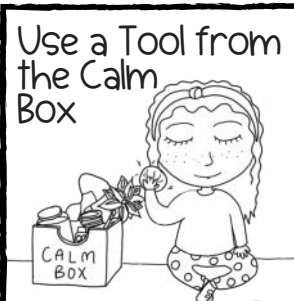
Give
Myself or
a Stuffed
Animal a
Big Hug



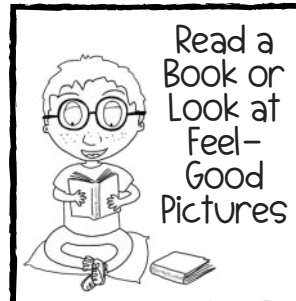
Use
Positive
Self-Talk



Quietly
Exercise



Use a Tool from
the Calm
Box



Read a
Book or
Look at
Feel-
Good
Pictures



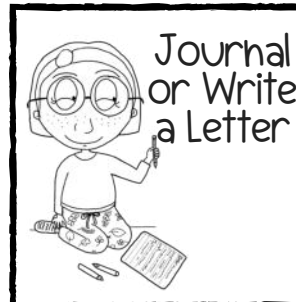
Do
5 Finger
Breathing



Think of
a Happy
Memory
or
Peaceful
Place



Squeeze
Then
Relax My
Muscles



Journal
or Write
a Letter



Ask for
Help



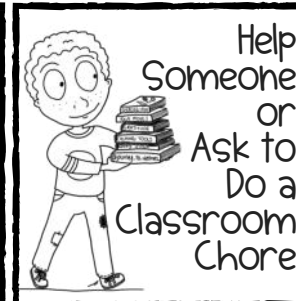
Push
Against
the
Wall
and Then
Relax



Build
Something
or Do a
Puzzle



Do Wave
Breathing



Help
Someone
or
Ask to
Do a
Classroom
Chore



Take Slow, Deep
Breaths &
Just Sit
with My
Feelings

TO FEEL BETTER I WILL

treat myself with kindness and...

If you see this rainbow



check out the back side of this folder.

Place the coping tool you will try here.



I AM READY TO RETURN

Yes

No



Place the next coping tool you will try here.

I will try ANOTHER COPING TOOL

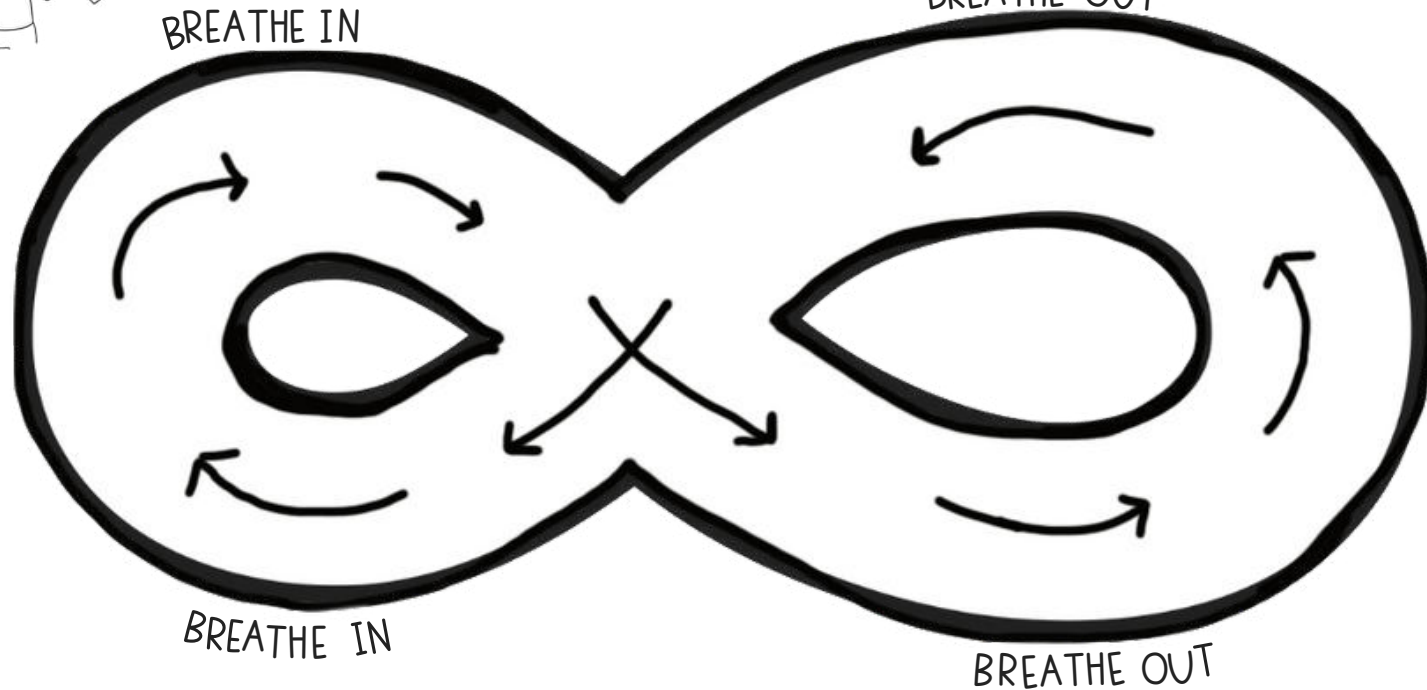


I feel:

BREATHING BOARD

BREATHE IN

BREATHE OUT



BREATHE IN

BREATHE OUT

Slowly follow the arrows with your finger. Start in the center and take a deep breath in. When you cross over to the other side, slowly let your breath out. Keep going until you feel more calm.



USE POSITIVE SELF-TALK

What DO YOU need to tell yourself right now?

I am **LOVable**.

I am **STRONG** enough to handle hard things.

I AM SAFE.

I AM BRAVE.

Mistakes help me to **LEARN** and **GROW**.

I AM IN CHARGE OF MY THOUGHTS and **ACTIONS**.

5-Finger Breathing



Slowly trace my hand with my finger, breathing in, as I trace my fingers going up...breathing out, as I trace my fingers going down.

Squeeze Then Relax My Muscles Like "Rocks & Socks"

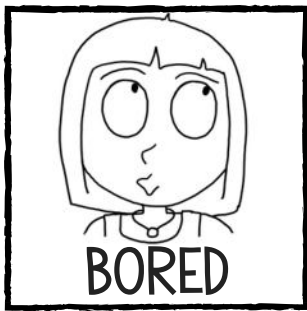


Zooming all my strength into making fists, it's like my hands transform into solid rocks. Then I release my fists, letting my hands and arms dangle like floppy socks.

Wave Breathing



Place my hands over my ears and breathe slowly and deeply, listening to the ocean wave sound that my breath makes.



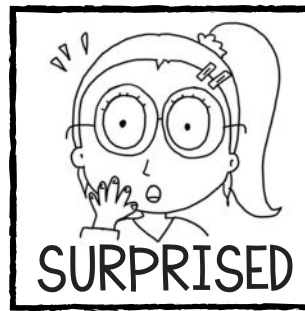
BORED



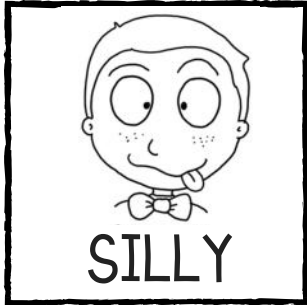
DISAPPOINTED



STRESSED OUT



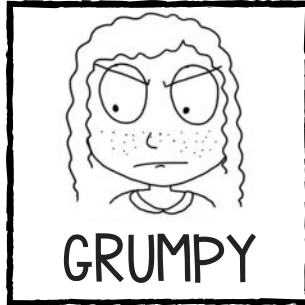
SURPRISED



SILLY



SCARED



GRUMPY



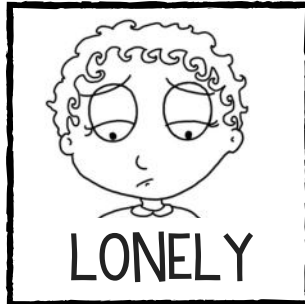
SAD



ANGRY



SHY



LONELY



ANXIOUS



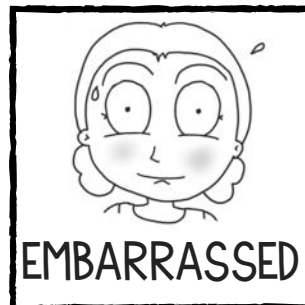
WORRIED



DISTRACTED



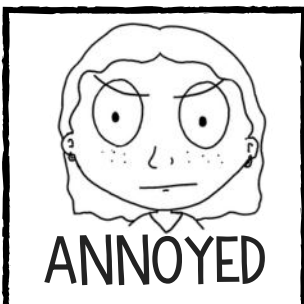
TIRED



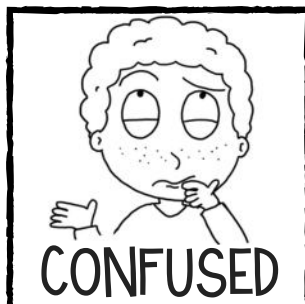
EMBARRASSED



HURT



ANNOYED



CONFUSED



OVERWHELMED

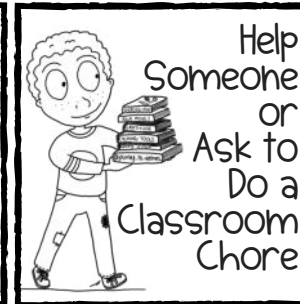
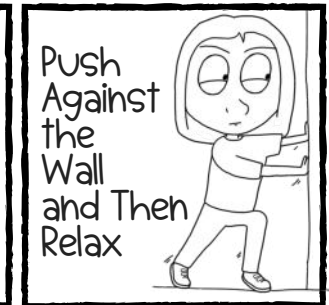
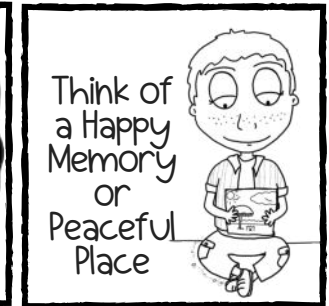
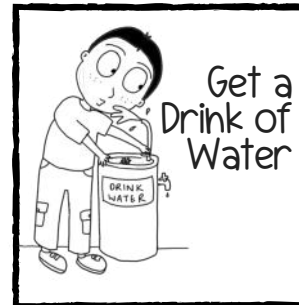
FEELING CARDS

Print, laminate (for durability) and cut out each Feeling Card. Attach a self-adhesive hook and loop dot to the middle back side of each one and then place on top of each corresponding spot of the "I Feel" page.

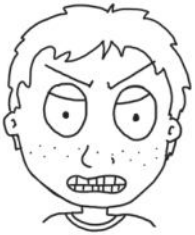
COPING TOOL CARDS

Print, laminate (for durability) and cut out each Coping Tool Card.

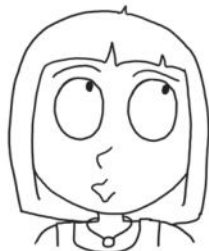
Attach a self-adhesive hook and loop dot to the middle back side of each one and then place on top of each corresponding spot of the "To Feel Better" page.



HOW DO YOU FEEL?



ANGRY



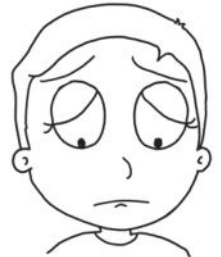
BORED



CONFUSED



CURIOUS



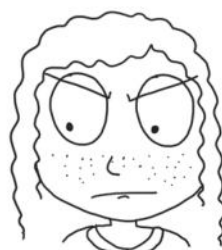
DISAPPOINTED



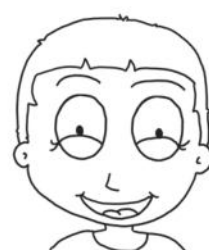
EMBARRASSED



EXCITED



GRUMPY



HAPPY



ANXIOUS



PROUD



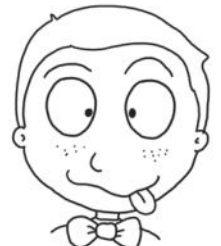
SAD



SCARED



SHY



SILLY



SURPRISED



PEACEFUL



STRESSED OUT



BRAVE



FOCUSED



DISTRACTED



HOPEFUL



LONELY



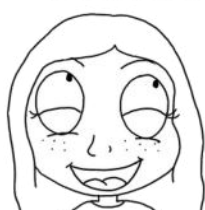
OVERWHELMED



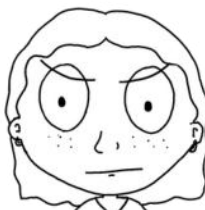
TIRED



HURT



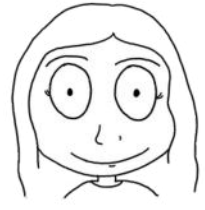
HYPER



ANNOYED



WORRIED



FRIENDLY

I FEEL

☐ ANGRY



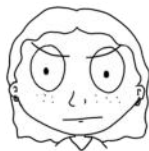
☐ EXCITED



☐ PEACEFUL



☐ ANNOYED



☐ FOCUSED



☐ PROUD



☐ ANXIOUS



☐ FRIENDLY



☐ SAD



☐ BORED



☐ GRUMPY



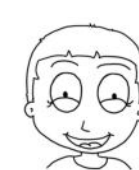
☐ SCARED



☐ BRAVE



☐ HAPPY



☐ SHY



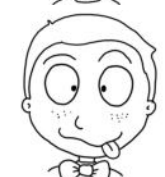
☐ CONFUSED



☐ HOPEFUL



☐ SILLY



☐ CURIOUS



☐ HURT



☐ STRESSED OUT



☐ DISAPPOINTED



☐ HYPER



☐ SURPRISED



☐ DISTRACTED



☐ LONELY



☐ TIRED



☐ EMBARRASSED



☐ OVERWHELMED



☐ WORRIED



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