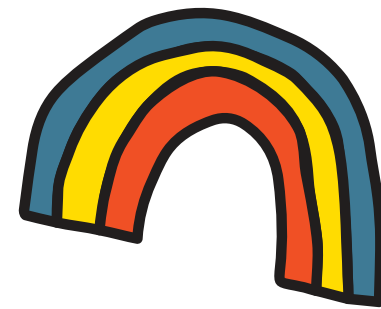


KNOW YOUR FEELINGS & EMOTIONS



Being able to recognize and talk about your emotions is an important part of mental health. Which picture best represents how you are feeling today?

ANGRY



CONFUSED



FUNNY



EMBARRASSED



SURPRISED



SAD



BORED



SHY



EXCITED



PROUD



DISAPPOINTED



CURIOUS



HAPPY



WORRIED



SCARED



TIRED

