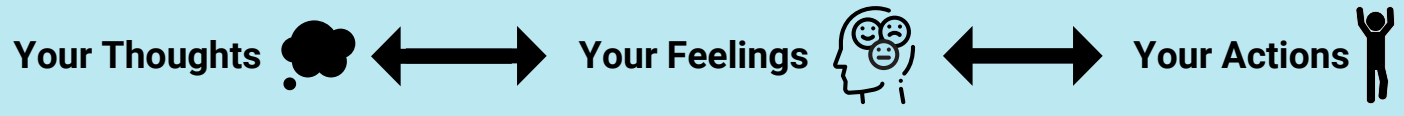


# Copy Master #1: Feelings Chart

From the #OpheaOpenClass Welcome Back Choice Board

Throughout your day at school, you may feel many emotions. Sometimes the physical environment can make you feel a certain way, the people and interactions you have with others, or even a particular activity that may change your mood. Having a range of emotions is normal, and it is important to recognize the connection between:



Take some time to complete the Feelings Chart below to learn healthy ways you can express and cope with your feelings.

Feeling	What does it look, sound, and/or feel like?	Describe a healthy way you can express your feelings.