

## How I show my feelings:

## How you can help me:



Angry  
Crying  
Yelling  
Not listening  
Irrational  
Tantrums



Annoyed  
Pulling faces  
Not listening  
Grumpy  
Not participating  
Not happy



Happy  
Smiling  
Lots of energy  
Wanting to try things  
Participating  
Relaxed



Stressed/Anxious  
Worried  
Shut down/quiet  
Teary/crying  
Flat/unhappy  
Sad