Leo's feelings

How I feel now

Date _____

What to do Look at the faces, circle how you feel now, finish the sentence, say the word, then tick what can help.

Then _____ Tablet time



happy



calm



excited



tired



sad



worried



scared



angry

I feel _____ because _____

_____.



I can say the word.

What can help me now?



☐ Hold my toy rocket



☐ Breathe slowly



☐ Say "break"