Right now, I feel...

We usually refer to our emotions as either "good" or "bad". Let's refer to them as "comfortable" or "uncomfortable" instead! Why? Because emotions can't be bad- it's okay to feel how you feel.

Look at the emotion you wrote down above. Is that a comfortable or uncomfortable emotion for you? Why do you think that is?

Credits

The TLC Shop
-Thank you for the border!

Creative Clips by Krista Wallden
-Thank you for the fish!