

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?

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?



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?



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?



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



[Alina V Design and Resources](#)

-Thank you for the border!



[Kate Hadfield Designs](#)

-Thank you for the clip art!



[Busy Bee Studio](#)

-Thank you for the flower!



[The TLC Shop](#)

-Thank you for the border!



[Creative Clips by Krista Walden](#)

-Thank you for the fish!