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?
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Credits

Alina Y 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 Wallden
-Thank you for the fish!