

Be sure to print a copy and post it in a visible spot for the whole family to see!  
(A creation by Dr. Becky Bailey of Conscious Discipline)

## How do you feel?



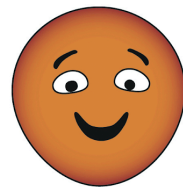
**Angry**



**Scared**



**Sad**



**Happy**



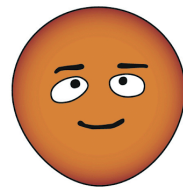
**Frustrated**



**Anxious**



**Disappointed**



**Calm**