



**SAD**  
Tell about a time you felt sad.....

**Frustrated**  
Name 3 things that you find frustrating and tell why....



**ANXIOUS**  
How does your body react when you feel anxious?

Name 3 things that make you feel nervous. How do you take your mind off of it when you are sad?

Name 3 things that help relieve your frustration. My favorite "free-time" activity is because....

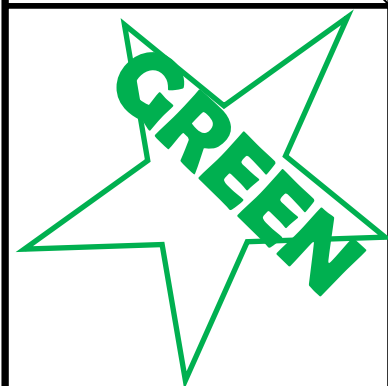
What's your favorite color and why?

Tell about a unique hobby you have.

What are your summer plans this year? What does it mean to you to have a "laid-back" lifestyle?

Tell about a time you were worried and you made it get better. Name 3 ways you can calm yourself at home.

What does it mean to be worried?



**Happy**  
What makes you happy and why?

**MAD**  
Name 3 ways you can calm yourself at school.

