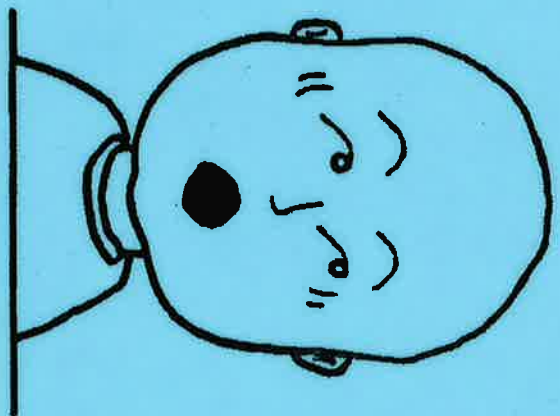


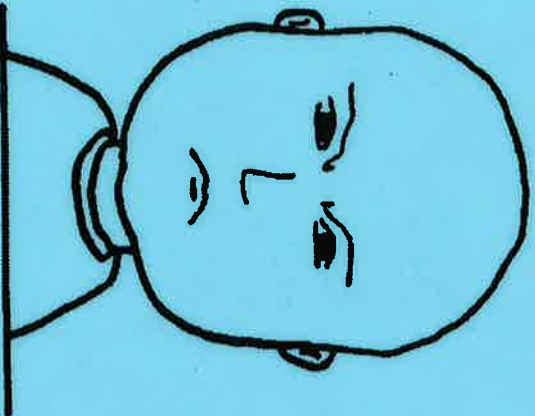
Tired



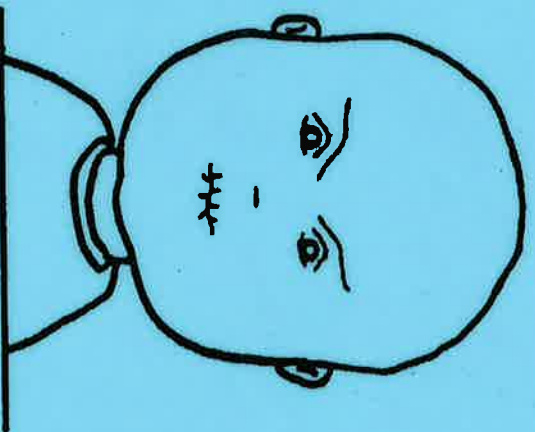
Scared



Sad



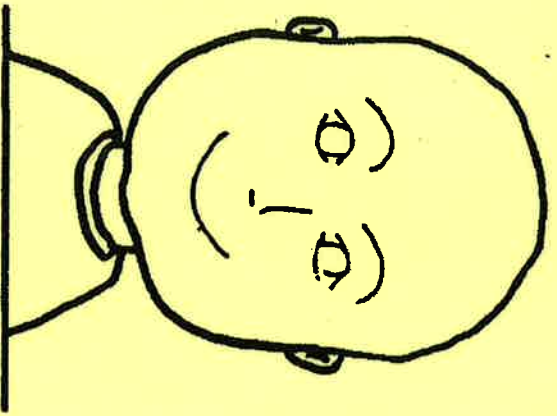
Mad or Angry



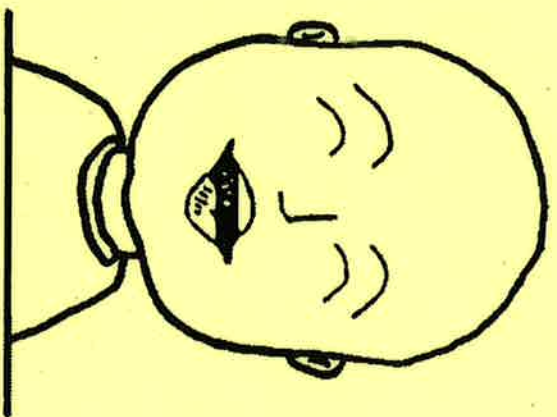
Frustrated

Instructions

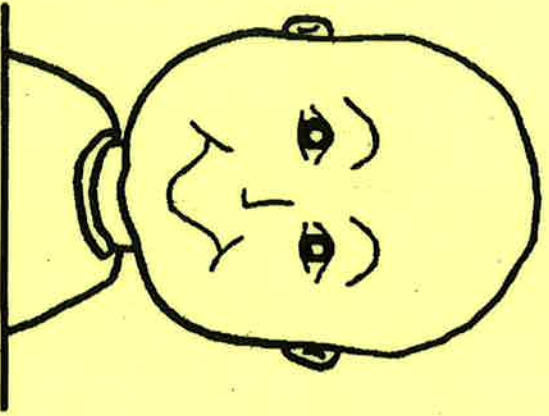
1. Using a pair of scissors, follow the lines to cut out the cards.
2. Put the cards together and make a hole in the top left hand corner as marked.
3. Tie the cards together using the string tag.
4. Encourage your child to use the cards every day to help show their feelings.



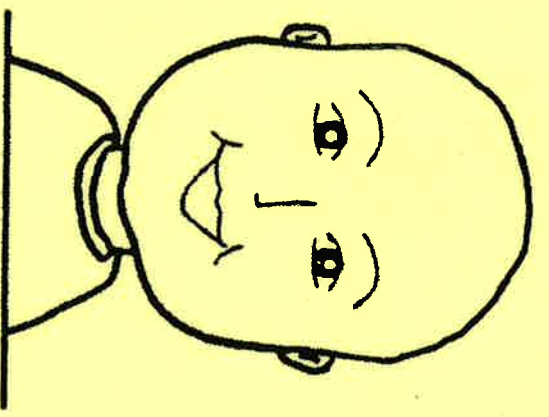
Calm



Excited



Proud



Happy