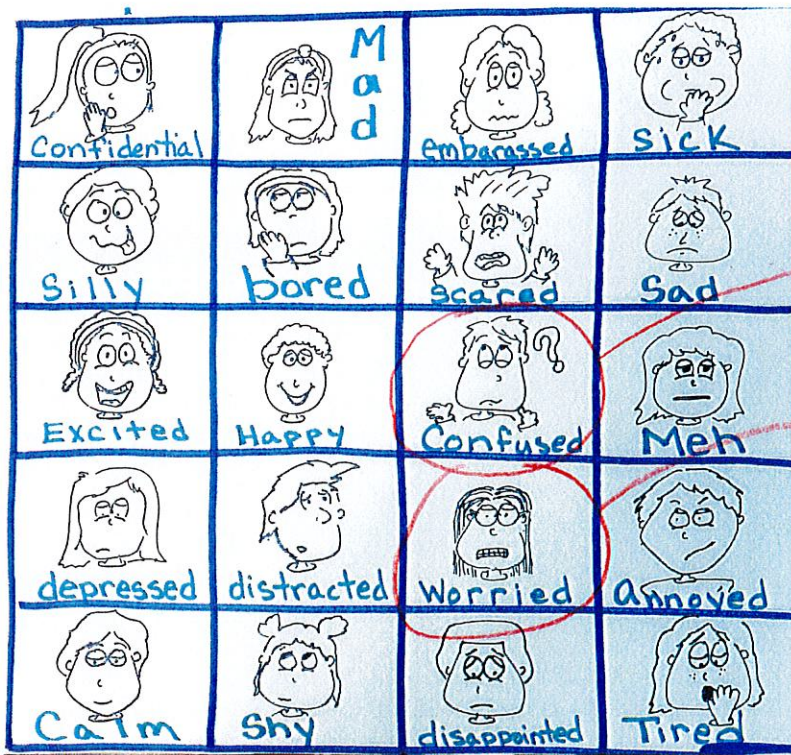


Knowing Your Feelings

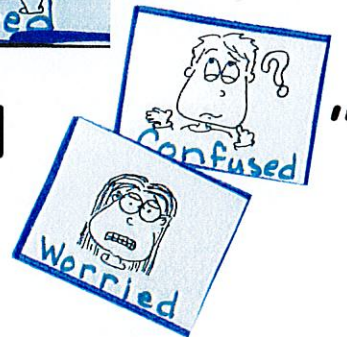
1. **Think** about how your body feels.



2. **Decide** what you could call this feeling.



3. **Tell yourself** "I feel



You can have more than one feeling at the same time!