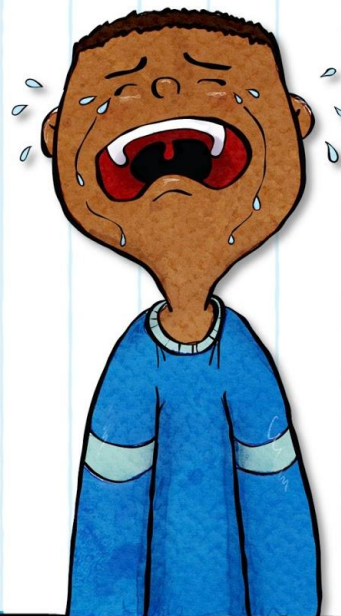


Back to School Feelings

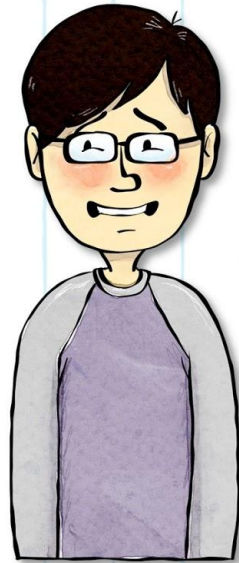




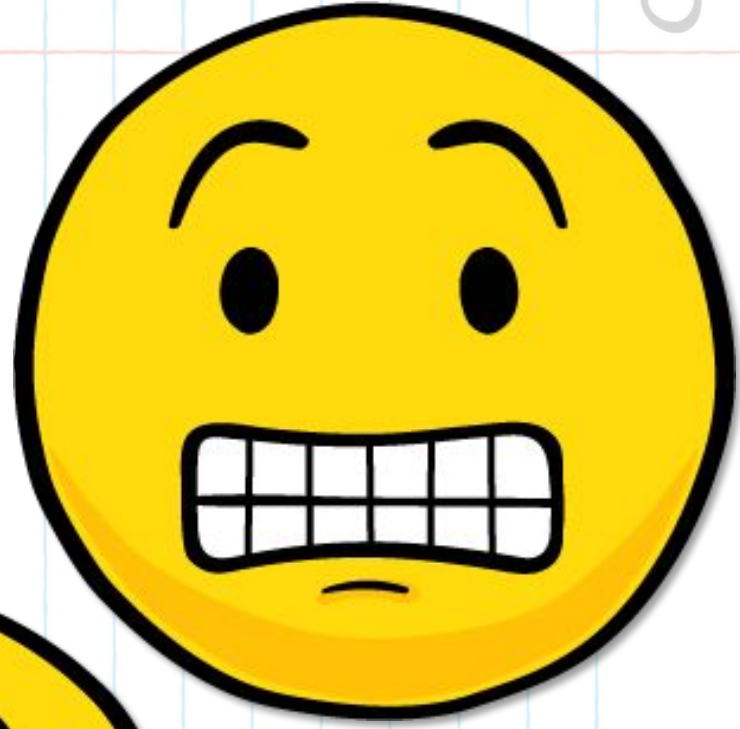
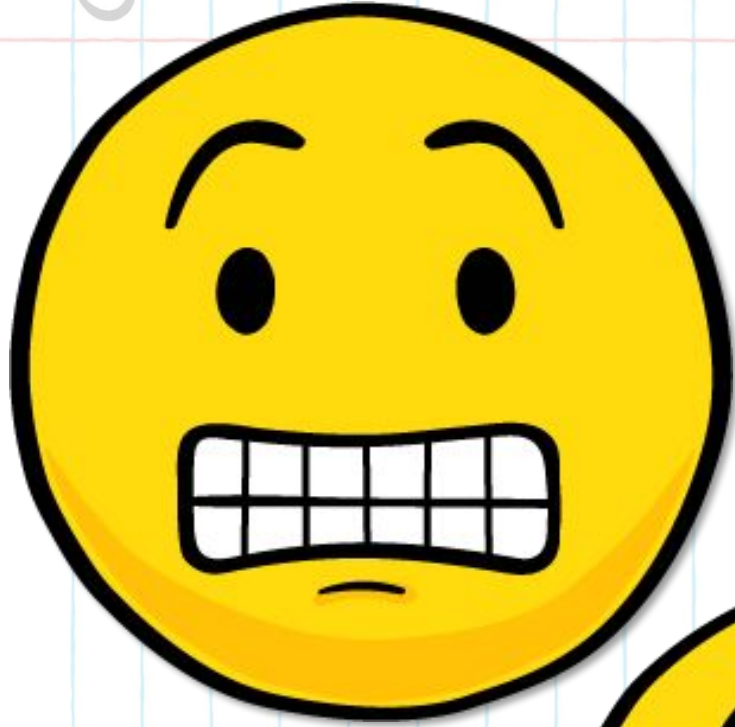
However you feel is okay in here.

You might feel...

WORRIED



What might kids feel worried about with coming back to school? What might be giving students worried feelings now?

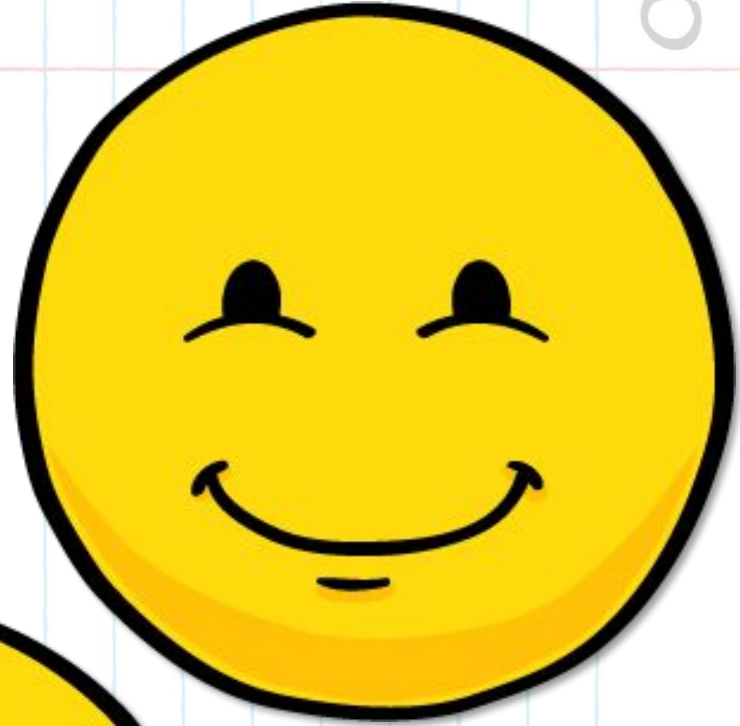
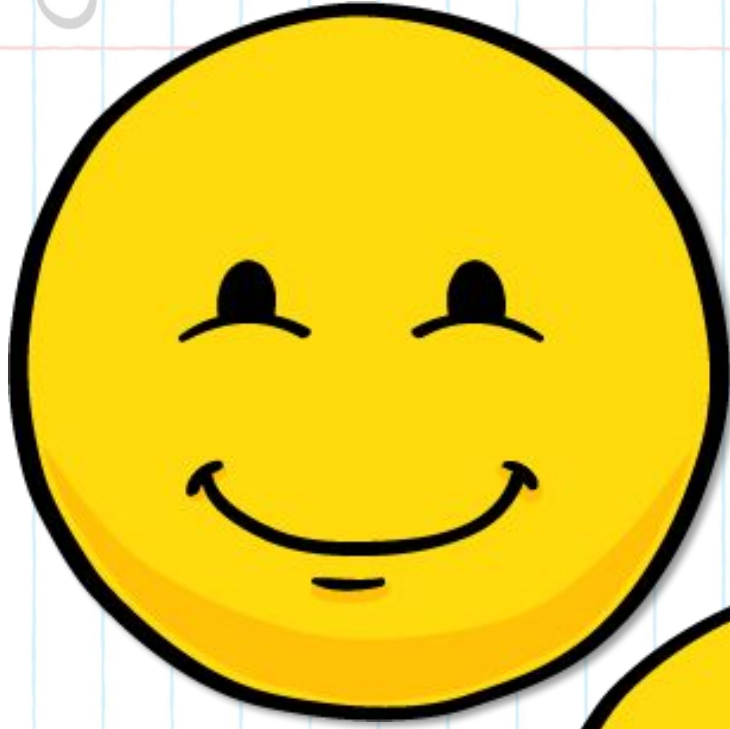


You might feel...

HAPPY or EXCITED



What about school could make kids happy?
What about being back to school is exciting?



You might feel...

SAD or DISAPPOINTED



Disappointment is when things don't go how you had hoped or expected. What might be disappointing or sad about being back at school?



You might feel...

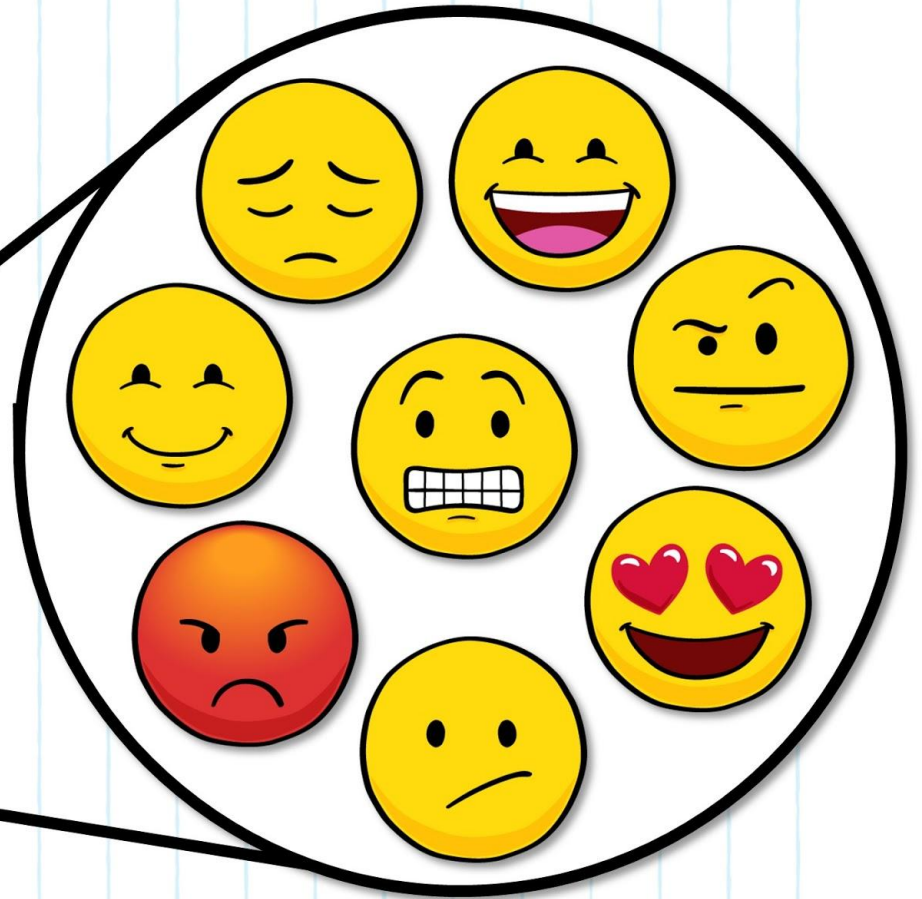
ANGRY



What about being back to school could make someone angry?



You might even be feeling more than one of these feelings. Maybe you even feel all of them!



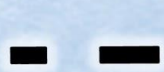
Move the arrows to show how much you feel each of these feelings about being back to school.



WORRIED

Not at All

A Lot



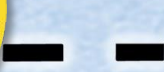
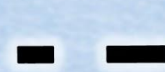
SAD



HAPPY



ANGRY



You are starting a new school year like never before. I want to know how you are doing with this big change!

Draw a picture on a piece of paper showing me how you feel.

Then **write** how you feel and why below the picture.

Use this sentence stem to help you!

Today I feel _____ because _____.

Think about the emotions you are feeling right now.