

Frustrated
Frustrado



Embarrassed
Avergonzado



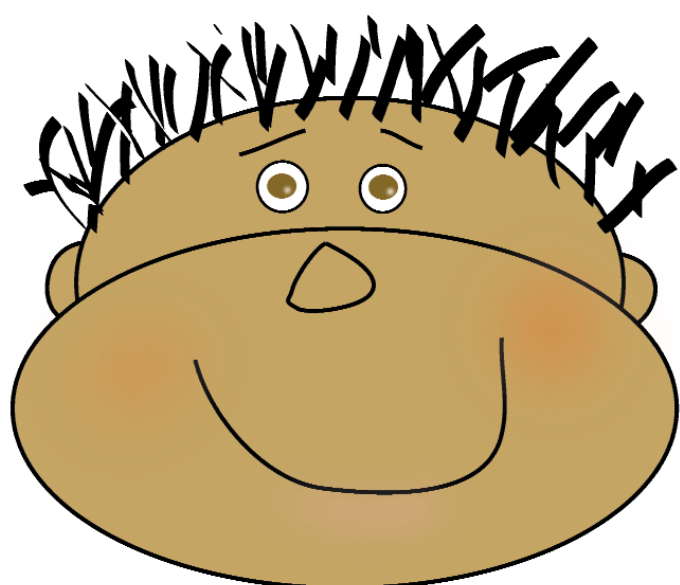
Sad
Triste



Mad
Enojado



Nervous
Nervioso



Happy
Alegre

This
is
how
I
feel
today!



Proud
Orgullosa



Scared
Asustado

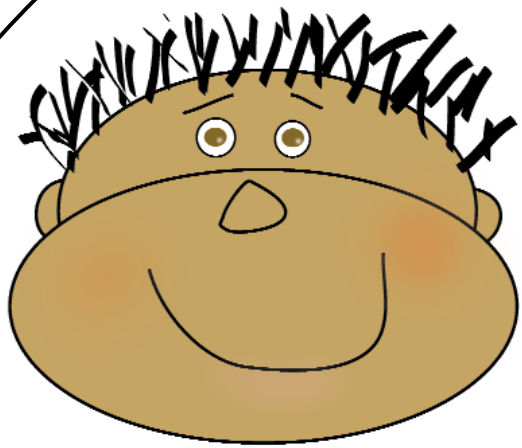


Loved
Amado / querido



Lonely
Solitario

Feeling Wheel



happy / alegre



scared / asustado



sad / triste



lonely / solitario



mad / enojado



frustrated
frustrado

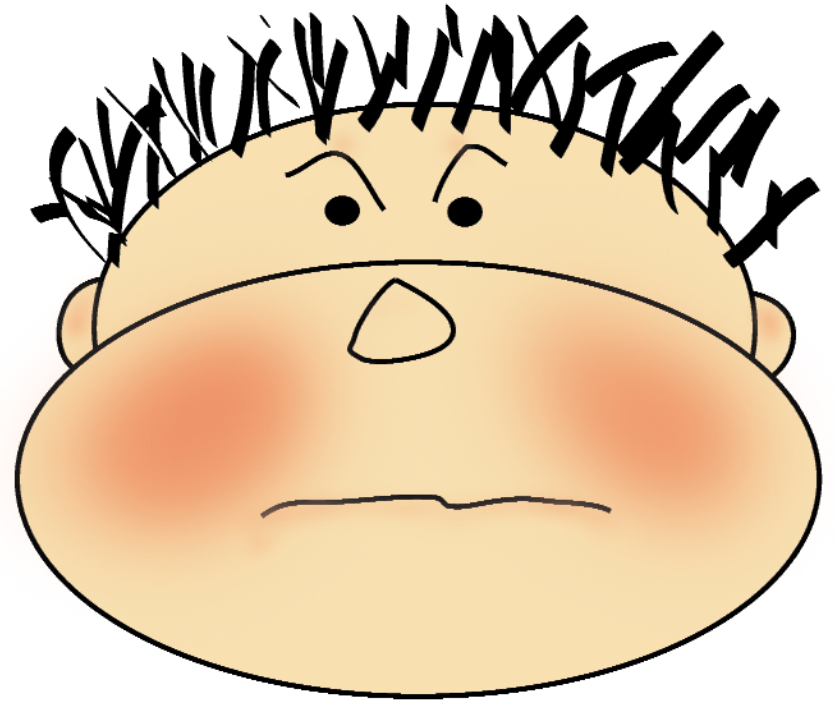
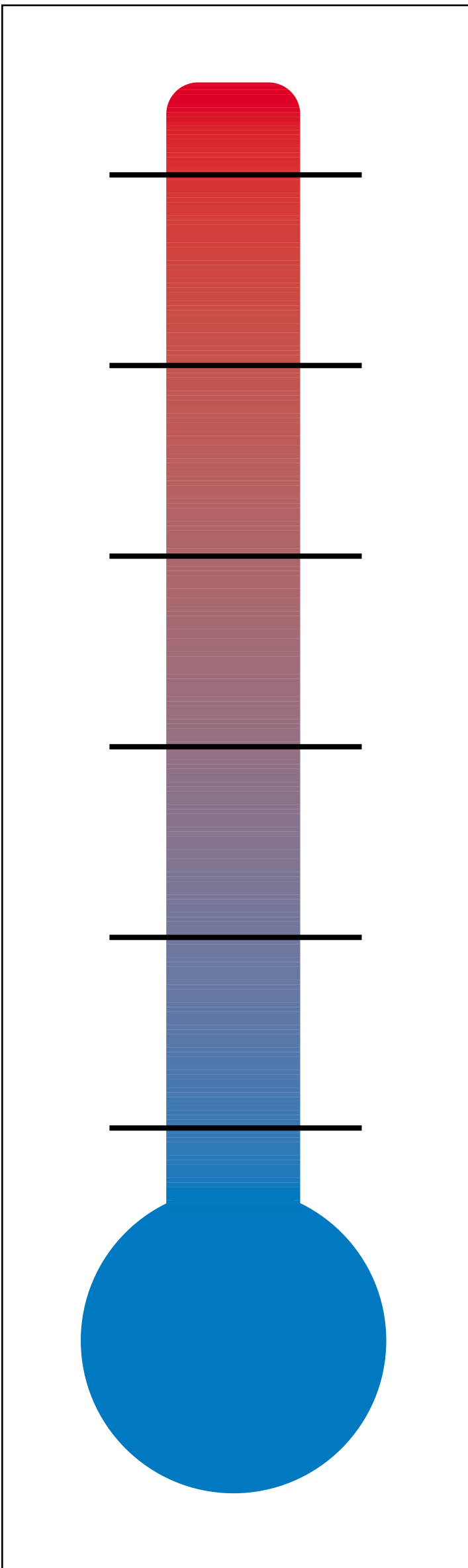


embarrassed
avergonzado



nervous
nervioso

Relaxation Thermometer



Mad

**Take 3
deep breaths
1...2...3**



Relaxed / relajado



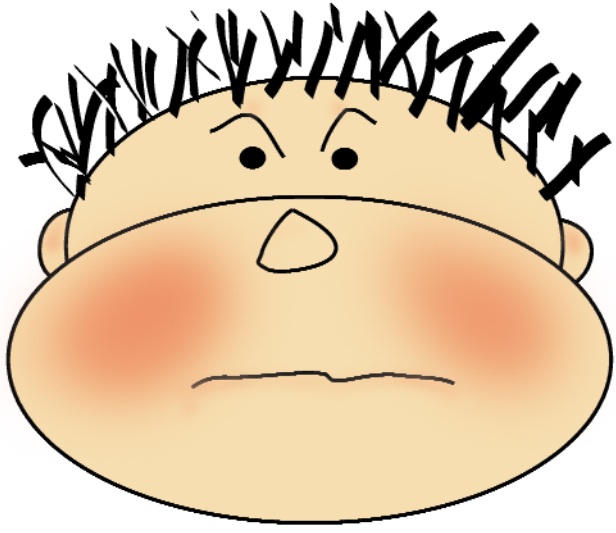
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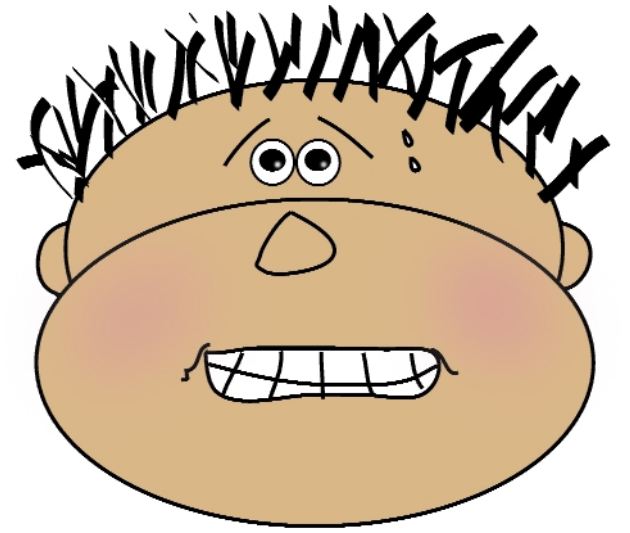
Sad
Triste



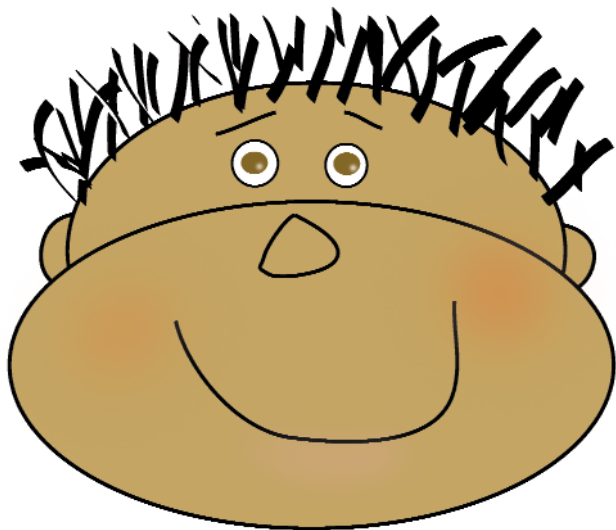
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