





















5		Feeling like I'm going to explode- I need help to calm down
4		Feeling angry- I need to calm down
3		Feeling anxious- something is bothering me
2		Feeling fine- everything is OK
1		Feeling happy-things are going well

5		Feeling like I'm going to explode- I need help to calm down
4		Feeling angry- I need to calm down
3		Feeling anxious- something is bothering me
2		Feeling fine- everything is OK
1		Feeling happy-things are going well

5		Feeling like I'm going to explode- I need help to calm down
4		Feeling angry- I need to calm down
3		Feeling anxious- something is bothering me
2		Feeling fine- everything is OK
1		Feeling happy-things are going well

5		Feeling like I'm going to explode- I need help to calm down
4		Feeling angry- I need to calm down
3		Feeling anxious- something is bothering me
2		Feeling fine- everything is OK
1		Feeling happy-things are going well