



PARANOID



HOPEFUL



SAD



ANXIETY

Questions:

1. *How does this emotion make you feel?*
2. *What do you think could help you deal with this emotion?*
3. *What can I do to help you?*

**Need to chat/text/
message someone?**
www.childline.org.uk

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DEPRESSED



SCARED



EMBARRASSED



OVERWHELMED

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CONFIDENT



FRUSTRATED



TRAPPED



CONFUSED

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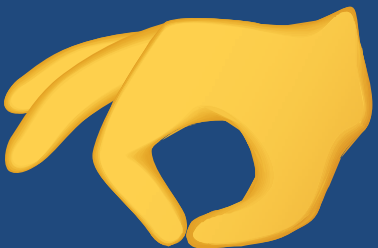
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OKAY



GOOD



PROUD



BORED

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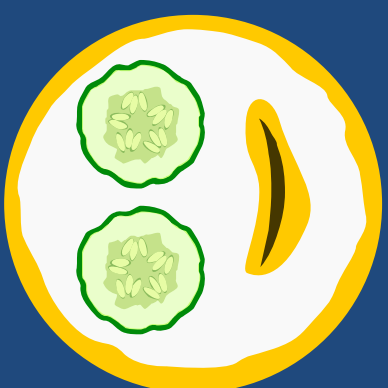
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KIND



RELAXED



ANGRY



HAPPY

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LOVED



CHEERFUL

VERY HAPPY



SOCIAL



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