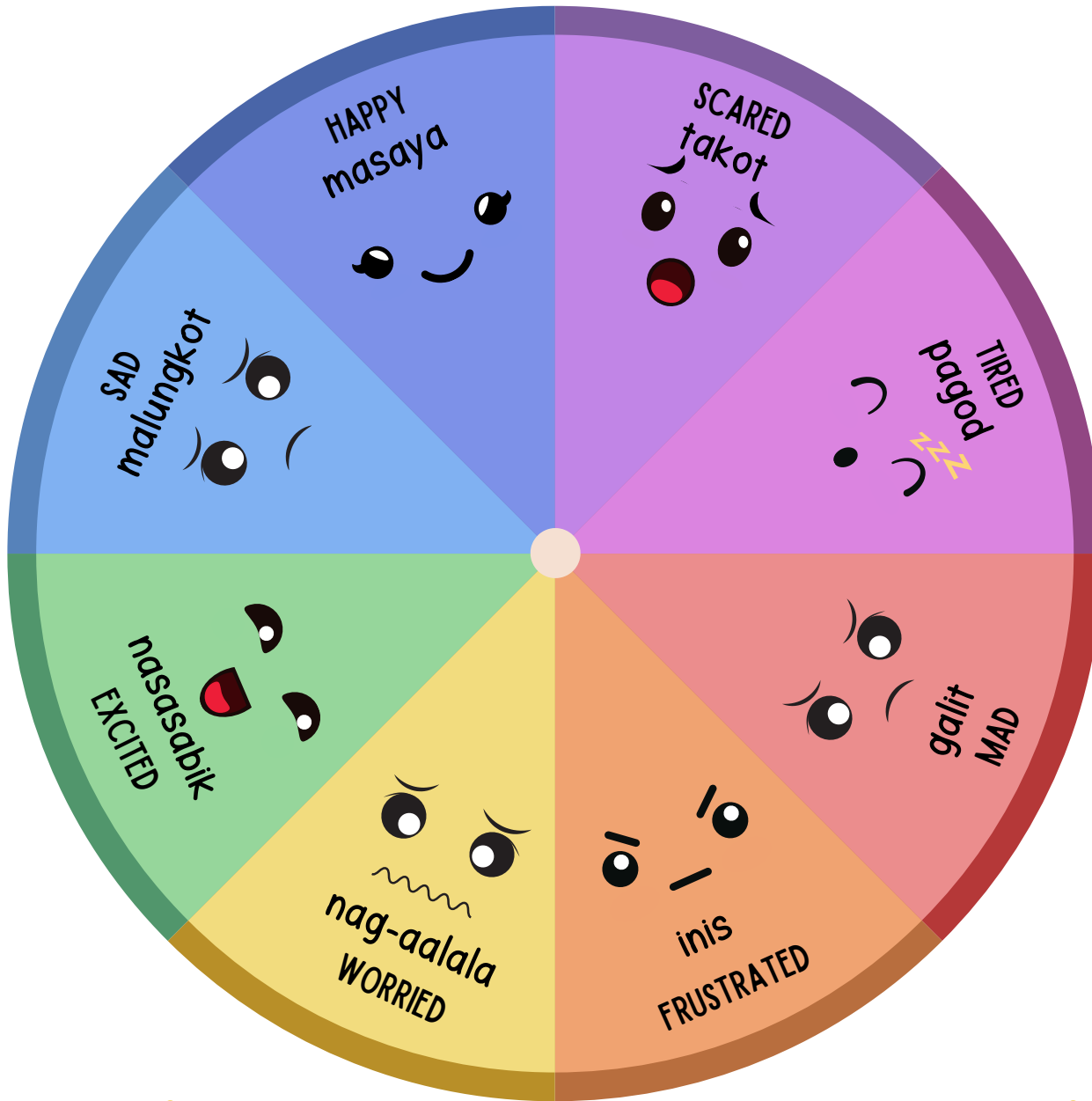


# I feel ...



it's okay to feel



your feelings

Masaya ako.  
I'M HAPPY.

Takot ako.  
I'M SCARED.

Naiinis ako.  
I'M FRUSTRATED.

Nag-aalala ako.  
I'M WORRIED.

Malungkot ako.  
I'M SAD.

Pagod ako.  
I'M TIRED.

Galit ako.  
I'M MAD.

Nasasabik ako.  
I'M EXCITED.



Cut the arrow out and use the included brad to poke the arrow through the center of the spinner. This may require grown-up assistance for safety.

