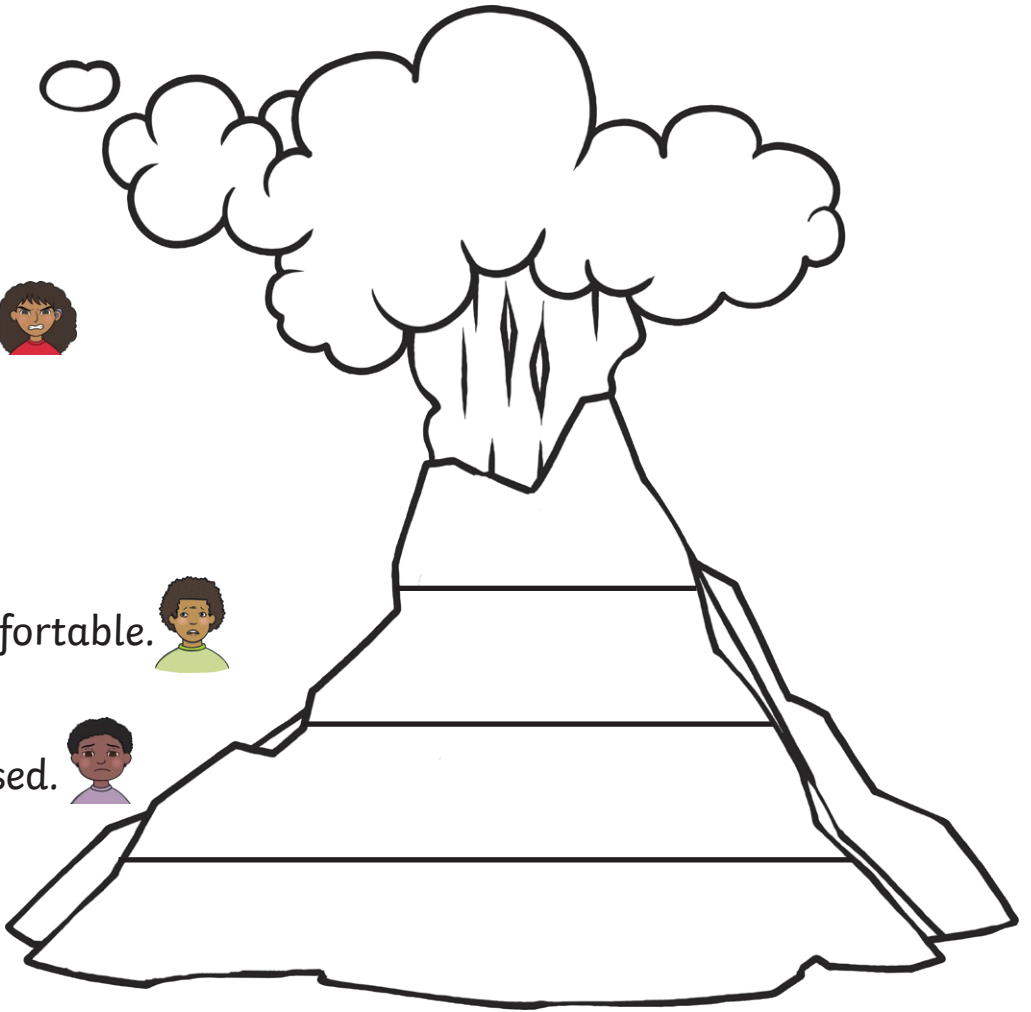




# My Feelings Volcano



**5** I'm very angry. 

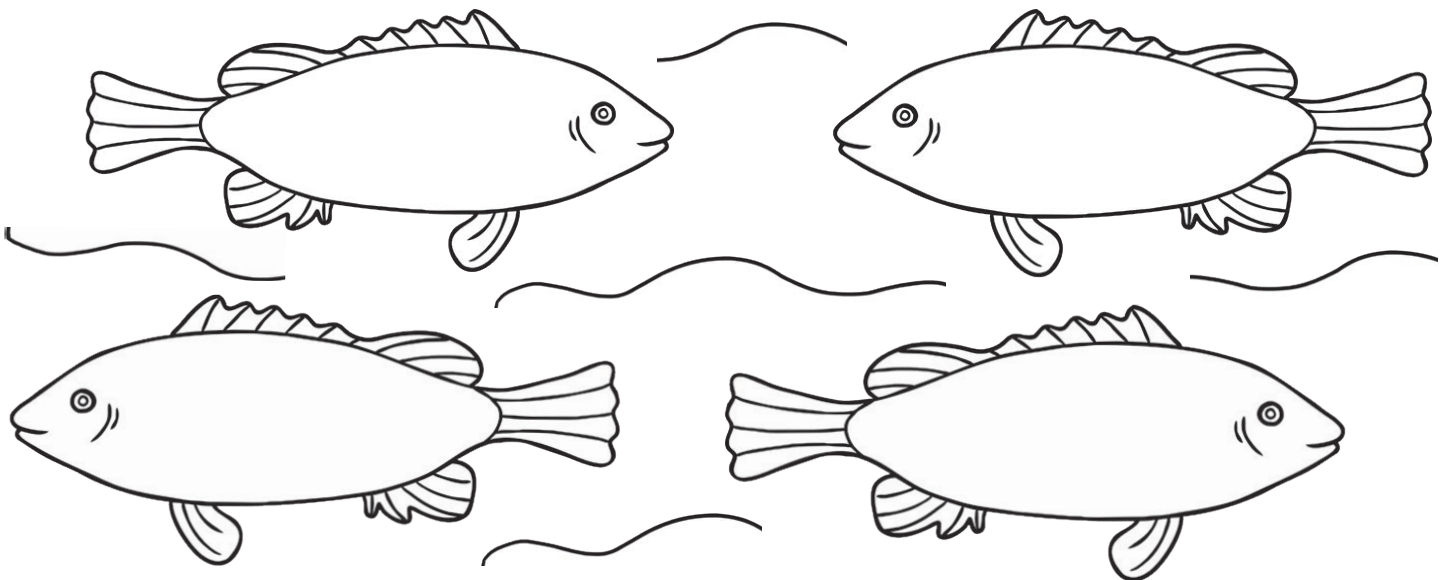
**4** I'm cross. 

**3** I'm quite uncomfortable. 

**2** I'm a little stressed. 

**1** I feel calm. 

**How can I stay calm?**



**Think about how each stage might ...**

Look 

Feel 

Sound 