

i am feeling...

READY TO EXPLODE

I look enraged
I clench my hands
I can ask for a break
I can take a walk

i look like...

ANXIOUS

I have a weird look in my eye
I shake and tremble
I can listen to music
I can take deep breaths

i can say & do things like...

CALM

I look calm
I smile
I feel good all over
No problems

