Mood Menu Body Scan

When I am feeling...

I think...   my head feels...

my muscles feel...

My
tummy feels...

my body feels...
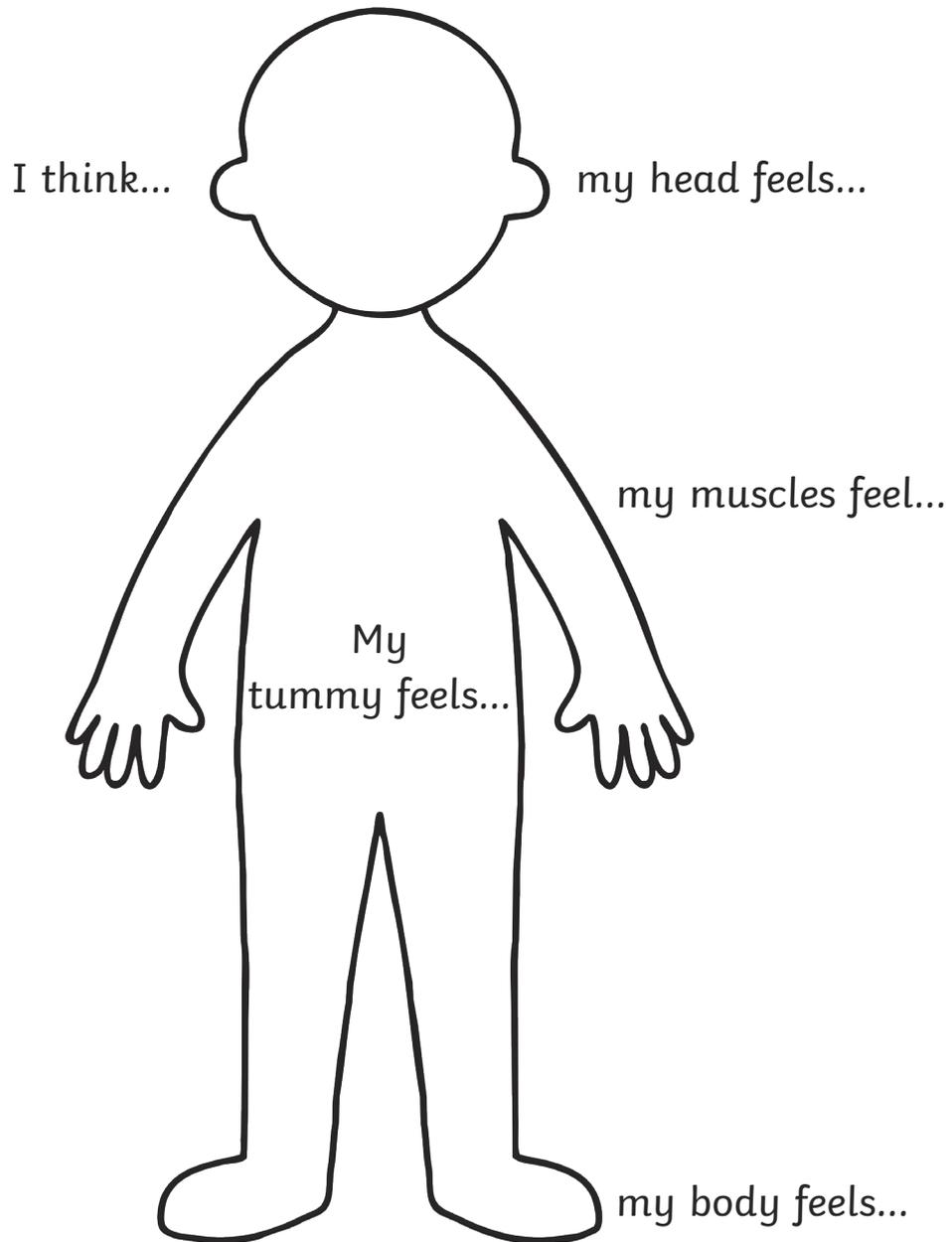
What do I do?

shout	smile	hit	talk fast	run	stop talking	like moving
laugh	cry	hide	relax	play	talk more	