

Stage 2

I feel...



MENTAL  
HEALTH  
MONTH  
OCTOBER

Wayahead®

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I feel  
**Happy**

I was chosen to be this  
week's class captain.



I feel  
**Lonely**

My friends are in a  
different class this year.



I feel  
**Angry**

This classroom  
is too noisy.



I feel  
**Frustrated**

I don't understand the  
maths question.



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I feel  
**Guilty**

I borrowed my friend's  
pen and I lost it.



I feel  
**Nervous**

I'm in the drama group  
and we are performing  
for the school.



I feel  
**Worried**

I have to give a talk to  
my class.



I feel  
**Proud**

My team won the game.  
I scored a goal.



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I feel  
**Excited**

I'm going to a birthday  
party on Saturday.



I feel  
**Embarrassed**

I've been asked to move  
seats because I was  
talking to my friend.



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