

Stage 3

I feel...



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MENTAL
HEALTH
MONTH
OCTOBER

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I feel
Happy

I was picked for our
school's sport team.



I feel
Disappointed

I rushed a school project
and it wasn't as good as my
classmates' projects.



I feel
Uneasy

I saw a group of students
picking on one student.



I feel
Surprised

I got a merit certificate
from my teacher.



I feel
Nervous

I am late to school and
everyone will look at me when
I walk into the classroom.



I feel
Excited

I'm going on the
school camp soon.



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I feel
Proud

I helped a new student by
showing them around the
school.



I feel
Guilty

I copied my friend's
homework because I forgot
to do it.



I feel
Jealous

I didn't get picked for school
prefect.



I feel
Worried

My friend seems
sad today.



I feel
Embarrassed

I put my hand up to answer a
question in class and got the
answer wrong.



I feel
Frustrated

My heart is beating fast,
I feel hot and I don't know
what to do.



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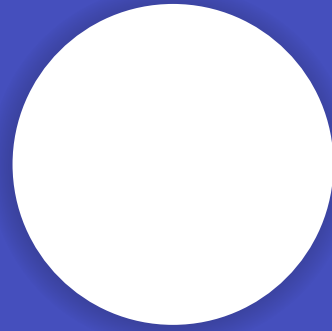


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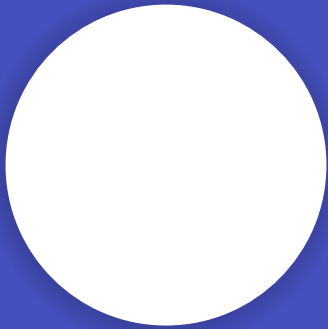


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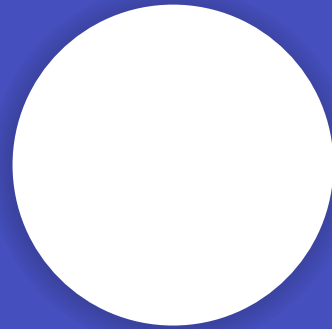


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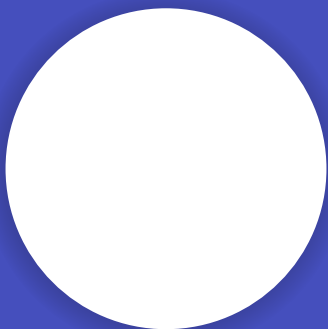


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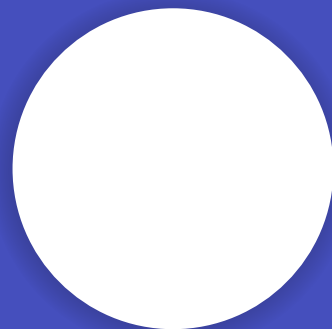


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