

Stage 4

I feel...



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MENTAL  
HEALTH  
MONTH  
OCTOBER

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I feel  
**Anticipation**

I am going on the school camp soon. I have 'butterflies' in my stomach.



I feel  
**Confused**

My friend group is arguing and people are taking sides. I don't know what to do.



I feel  
**Frustrated**

I don't understand a school assignment I've been given.



I feel  
**Doubt**

I feel doubt in myself to manage my school work this year.



I feel  
**Judged**

I don't live in a big house like some of my friends.



I feel  
**Gratitude**

A friend helped me with a homework problem.



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I feel  
**Proud**

I got a good mark on an assignment. The best one I've got for this subject.



I feel  
**Guilty**

I left my old group behind. I moved friend groups because I had more in common with them.



I feel  
**Jealous**

My friend got selected for a school team but I didn't.



I feel  
**Uneasy**

My friend showed me a mean message someone had been sending about me.



I feel  
**Embarrassed**

Instead of going to Maths after recess, I went to English!



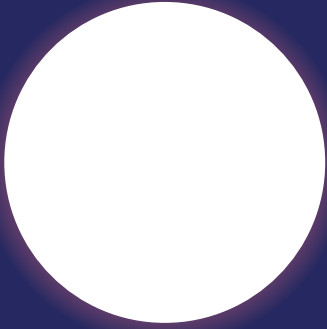
I feel  
**Lonely**

I don't have anyone to hang out with at lunch.



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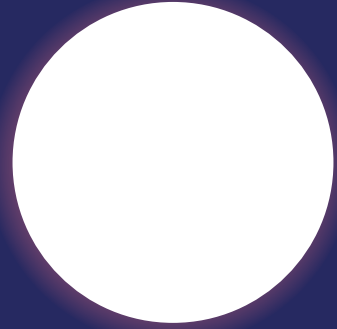


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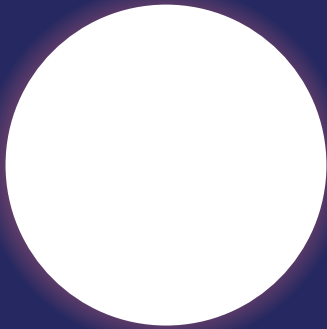


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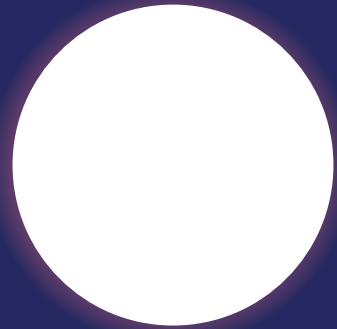


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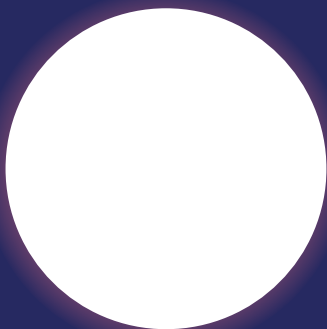


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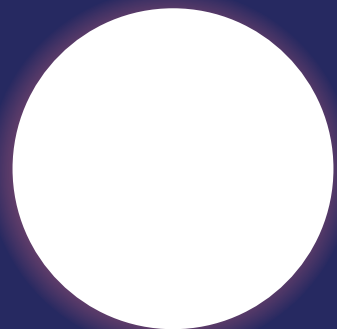


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