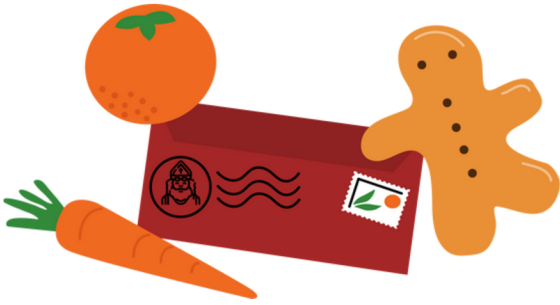
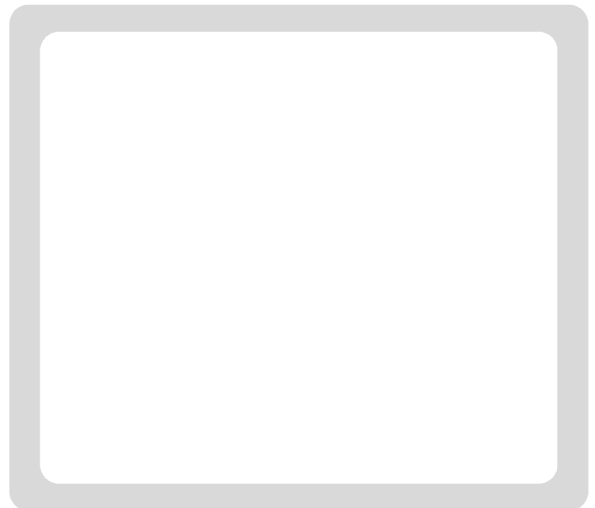


MAKE YOUR OWN WORKSHEET



Ways to Cope and Stay Engaged.

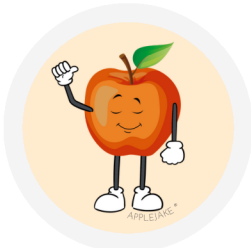
Draw your face!



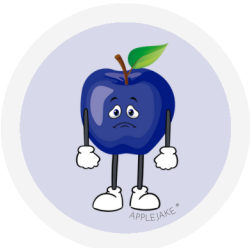
Write down 3 exciting ideas to express ...

Choose an
Applejake®
sticker to express
your emotion.

APPLEJAKE® EMOTION STICKERS



I'M FEELING
SATISFIED



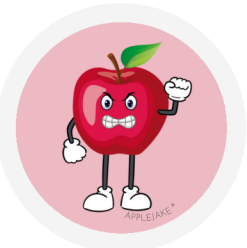
I'M FEELING
GUILTY



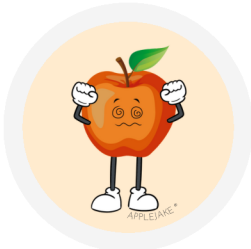
I'M FEELING
PROUD



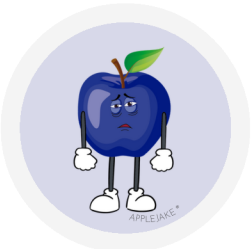
I'M FEELING
CURIOUS



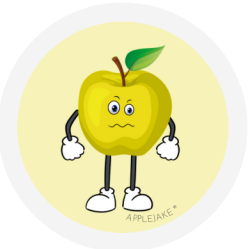
I'M FEELING
ANGRY



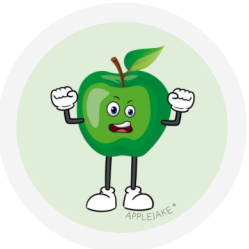
I'M FEELING
CONFUSED



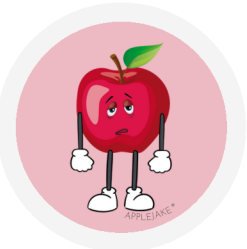
I'M FEELING
HURT



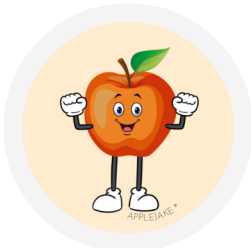
I'M FEELING
DISGUSTED



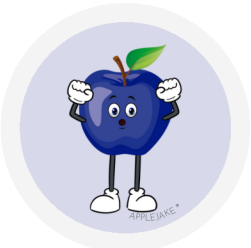
I'M FEELING
CONTEMPT



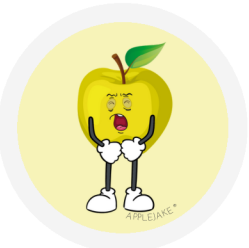
I'M FEELING
REGRET



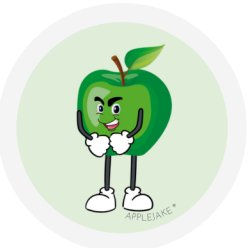
I'M FEELING
PLEASED



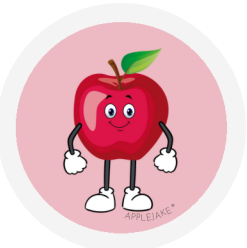
I'M FEELING
AFRAID



I'M FEELING
BORED



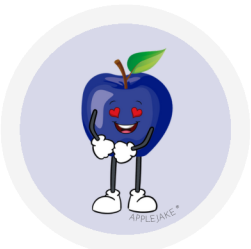
I'M FEELING
SUCCESSFUL



I'M FEELING
SURPRISED



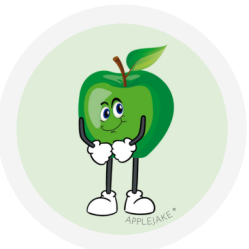
I'M FEELING
AWE



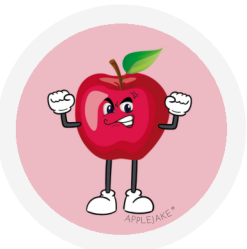
I'M FEELING
LOVE(D)



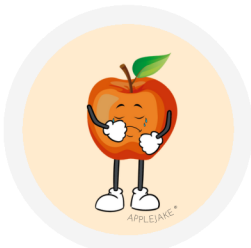
I'M FEELING
HAPPY



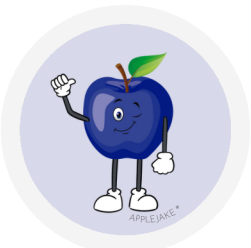
I'M FEELING
ADMIRATION



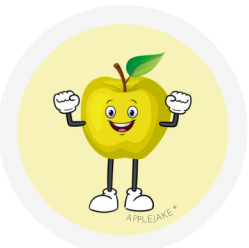
I'M FEELING
HATE



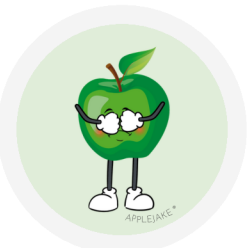
I'M FEELING
SAD



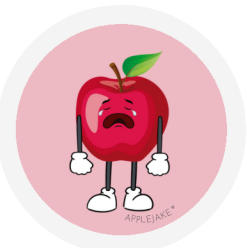
I'M FEELING
AMUSED



I'M FEELING
RELIEVED



I'M FEELING
ASHAMED



I'M FEELING
DISAPPOINTED