

# How do you feel?

... when you think about problems that have happened or that might happen!



... when you have to wait in a long queue to check in at the airport!



... when you are unhappy because someone has something that you would like or can do something that you would like to do!



... when you don't feel like swimming or being active!



... when you cause some trouble or hurt someone and you regret and want to apologise!



... when you believe something will happen that you want to see!

**Keep smiling**



... when you want to spite someone because they have given you something or have done something for you!



... when you think only about yourself and don't care about other people!



... when you are pleased and excited about something that



... when you sit comfortably in the sun, have a nap and do something enjoyable!



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