

Speech and Language Therapy

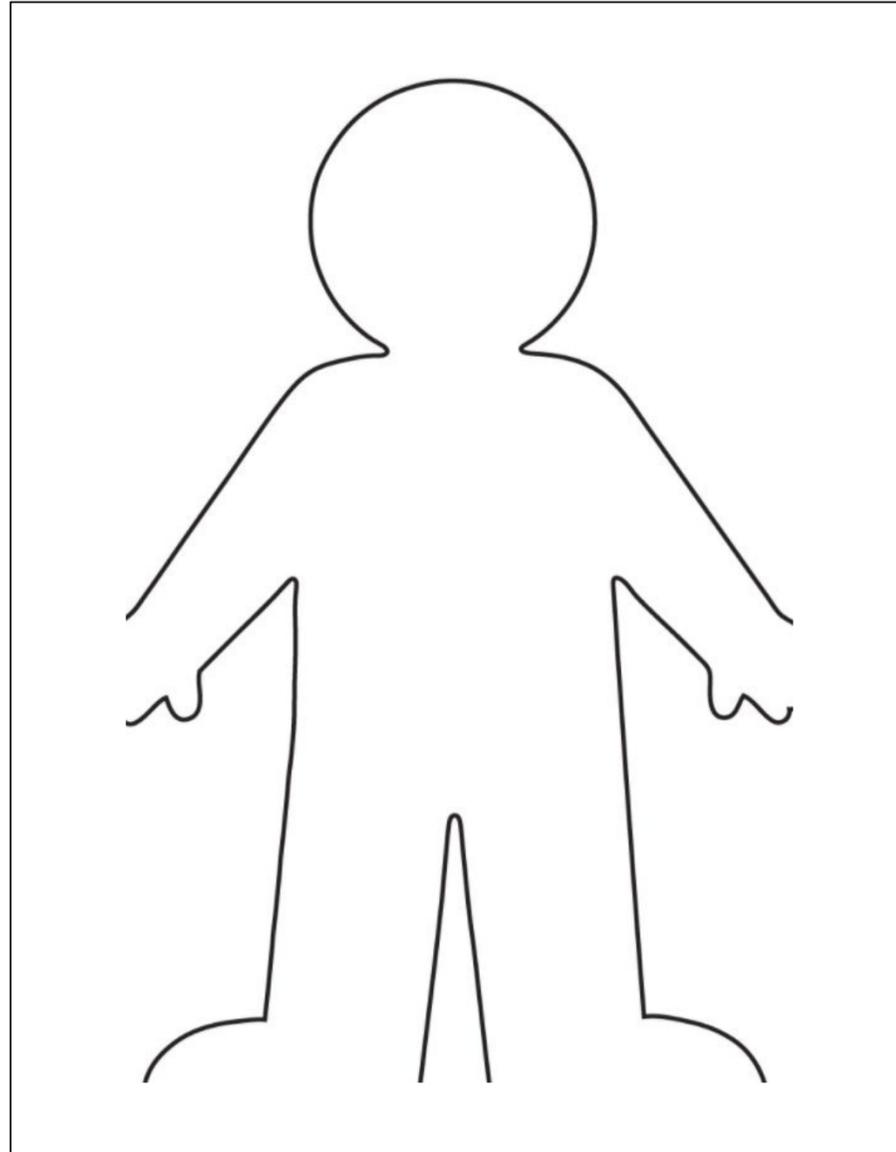
My Feelings and What makes Me Sad

Lesson 11 of 14 on Emotional Regulation and Self Esteem

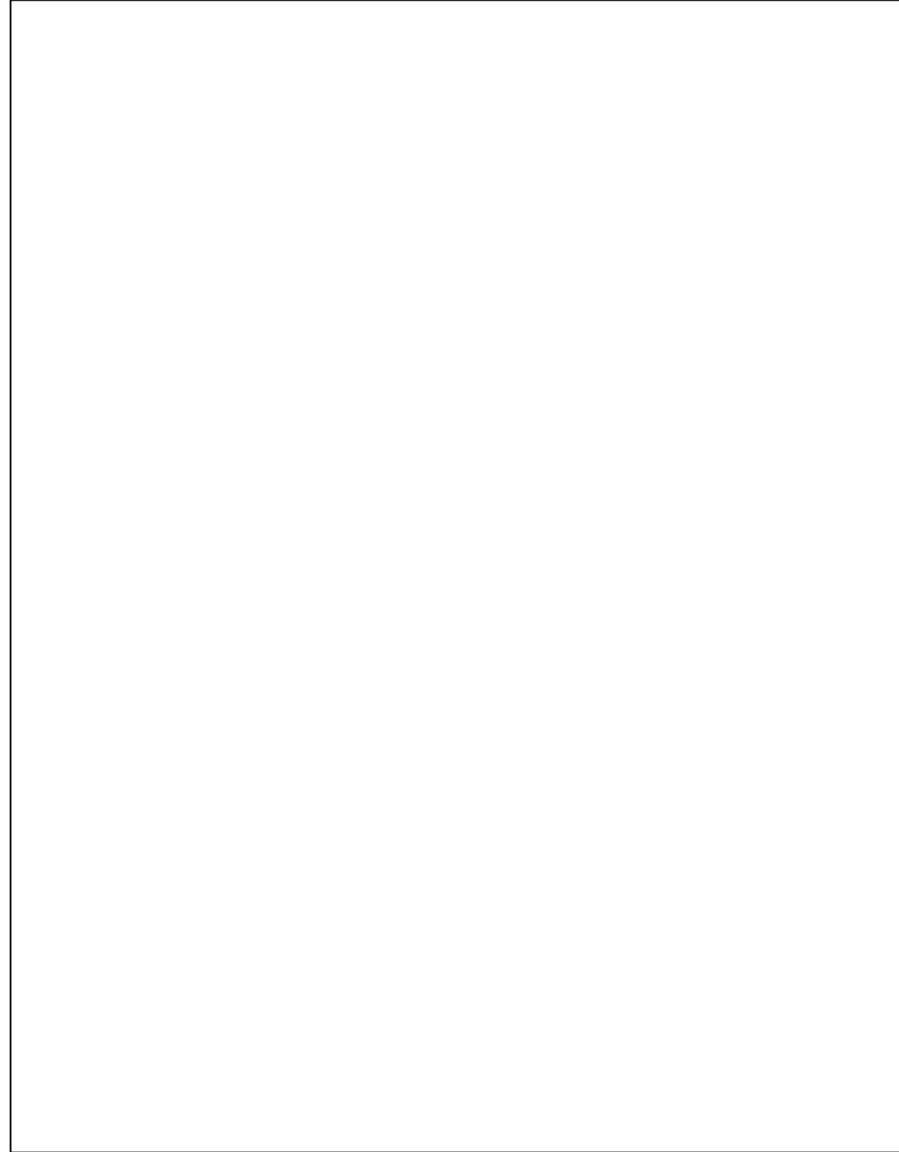
Emma Jones



How does my body feel when I am sad..



What helps me feel happy when I am sad?

A large, empty rectangular box with a thin black border, intended for a user to write their answer to the question above.

References

Slide 2- Pixy.org Image 2020

