

Speech and Language Therapy

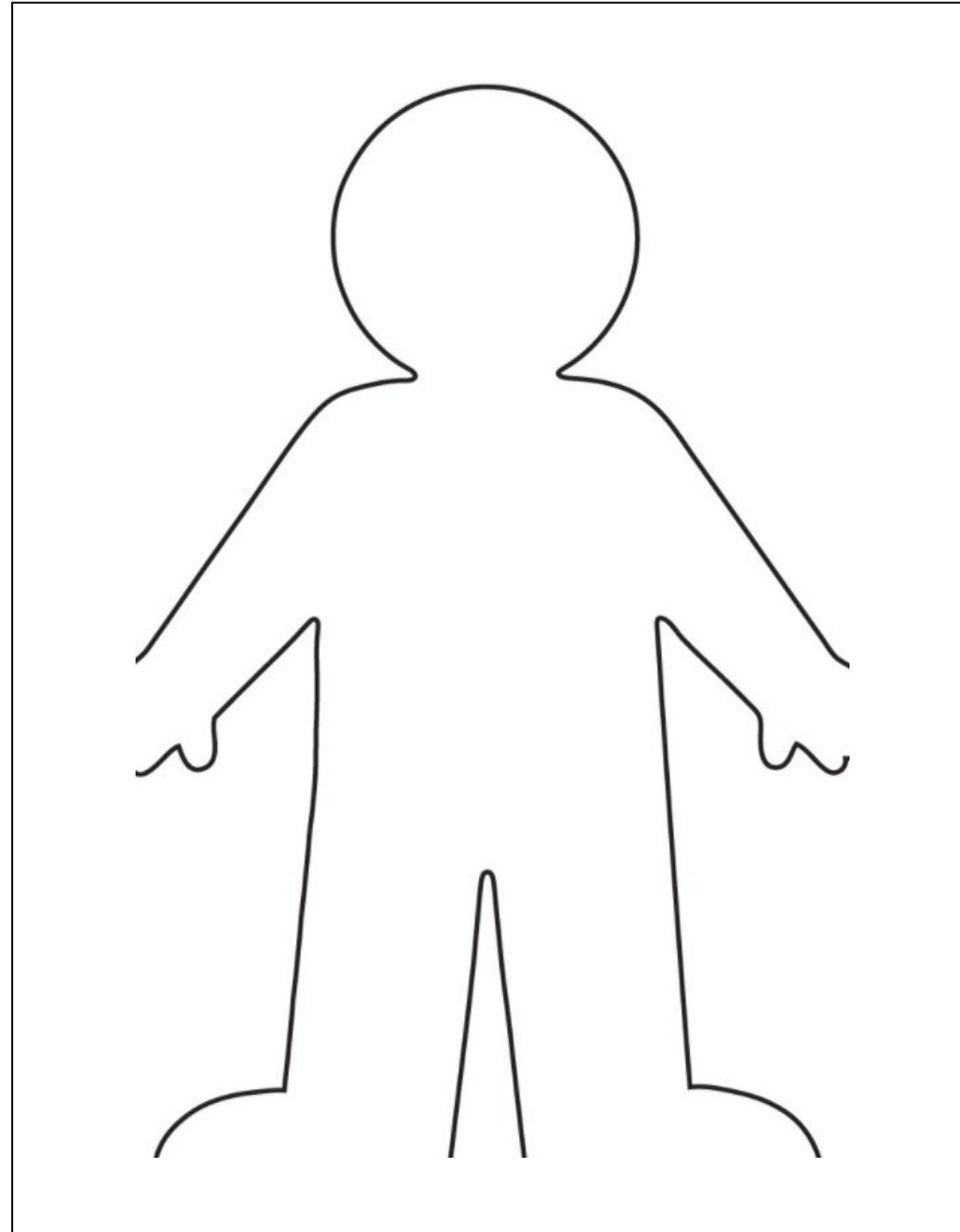
# **My Feelings and What makes Me Sad**

## **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

