Speech and Language Therapy

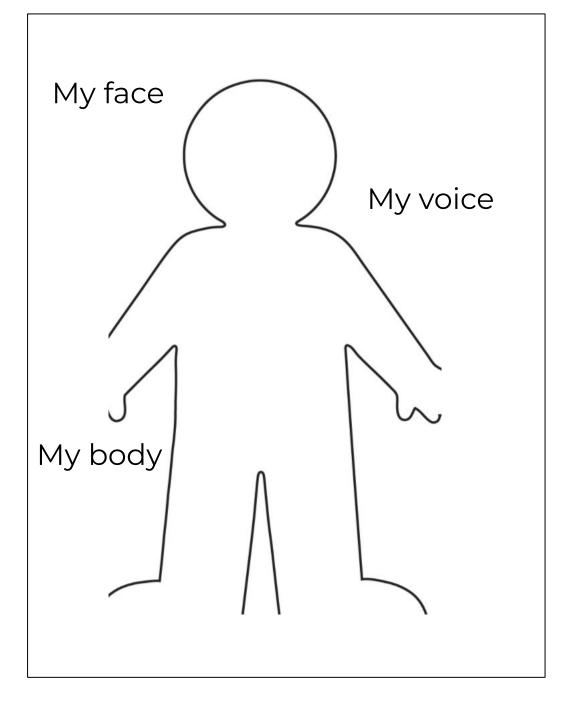
## My Feelings and What Makes Me Happy

## Lesson 10 of 14 on Emotional Regulation and Self Esteem

Emma Jones

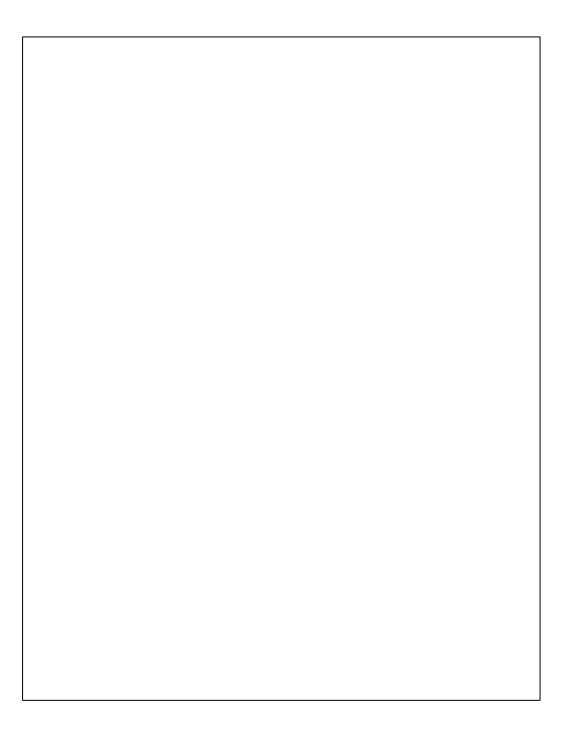


How does my body feel when I am happy ...





## What makes me feel happy?





## References

• Slide 2- Pixy.org images 2020

