

How does your heart feel today?



Happy

shiny and bright



Brave

strong and standing up
tall



Mad

angry, hot and loud



Calm

cool, lazy and slow



Broken

hurt, fragile and delicate



Hopeful

growing tall



Sad

heavy, tearful



Afraid

frightened,
beating fast

Silly
full of fun,
giggles and
wiggles



Shy
hiding,
wanting to be
alone