

MOH



Scared

Staying calm and cool is my golden rule



Angry

Today?

CONFIDENT



think you are beaten -

If you

you are,

If you you'd like to win

but think you can't, it's

almost a cinch you won't,

The person who wins is the

one who thinks -

"I CAN"

When I get angry or stressed, I take even breaths

Sad



When I'm feeling a little bit down, I need to do something to take away my frown, The trick, I find, is to do something I like - Like reading or playing or riding my bike



Happy

*Be brave and strong - but remember, it's okay to be afraid some-times*

Don't care



Embarrassed



TAJ

Excited

