



happy



sad



upset



frustrated



mad



tired



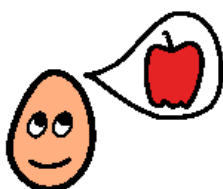
sick



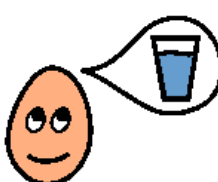
hurt



hungry



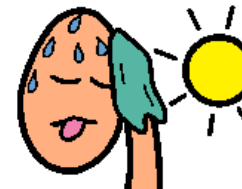
thirsty



cold



hot

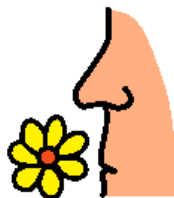




break



deep breaths



walk



drink



hug



count down



help



rest



time alone

