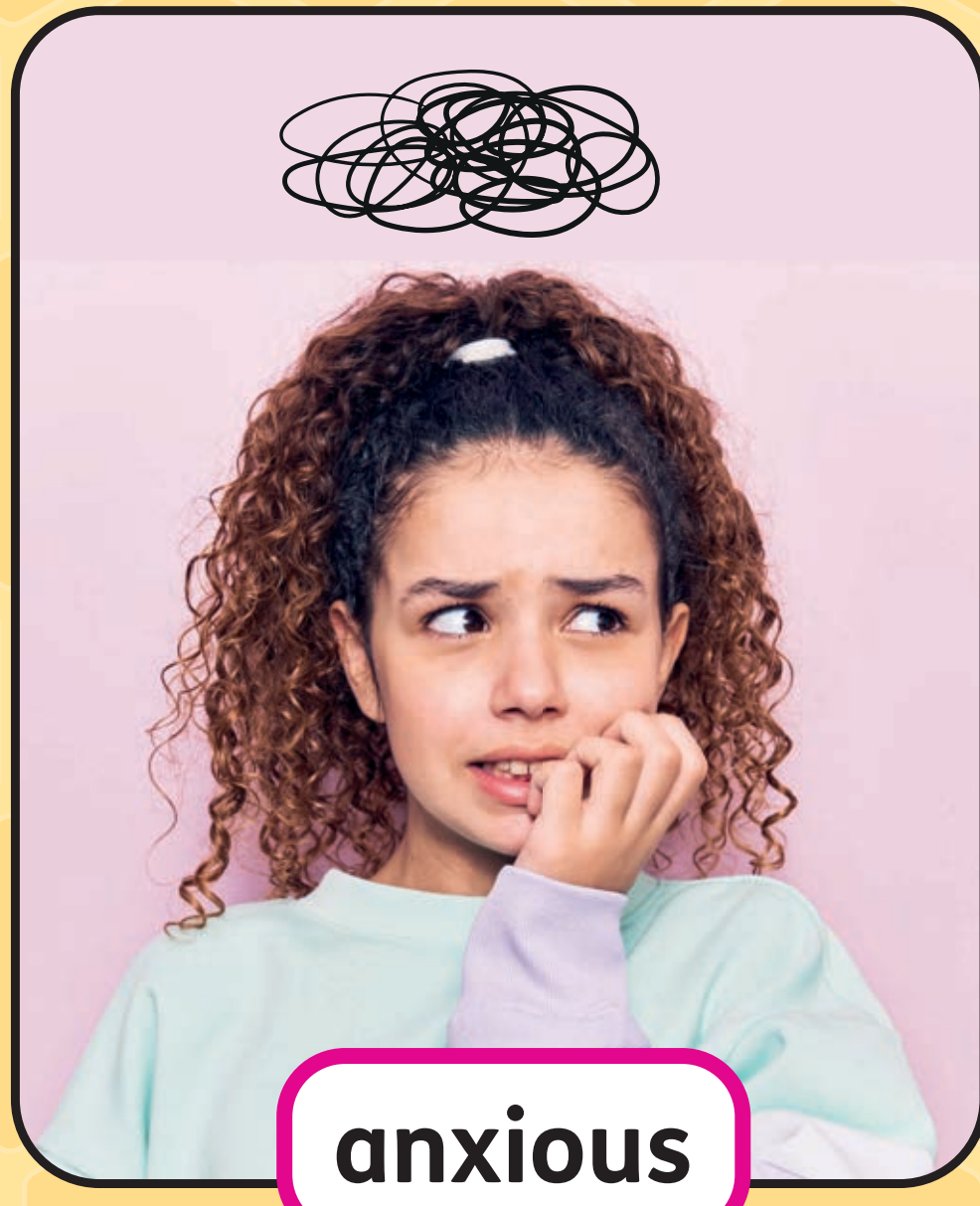


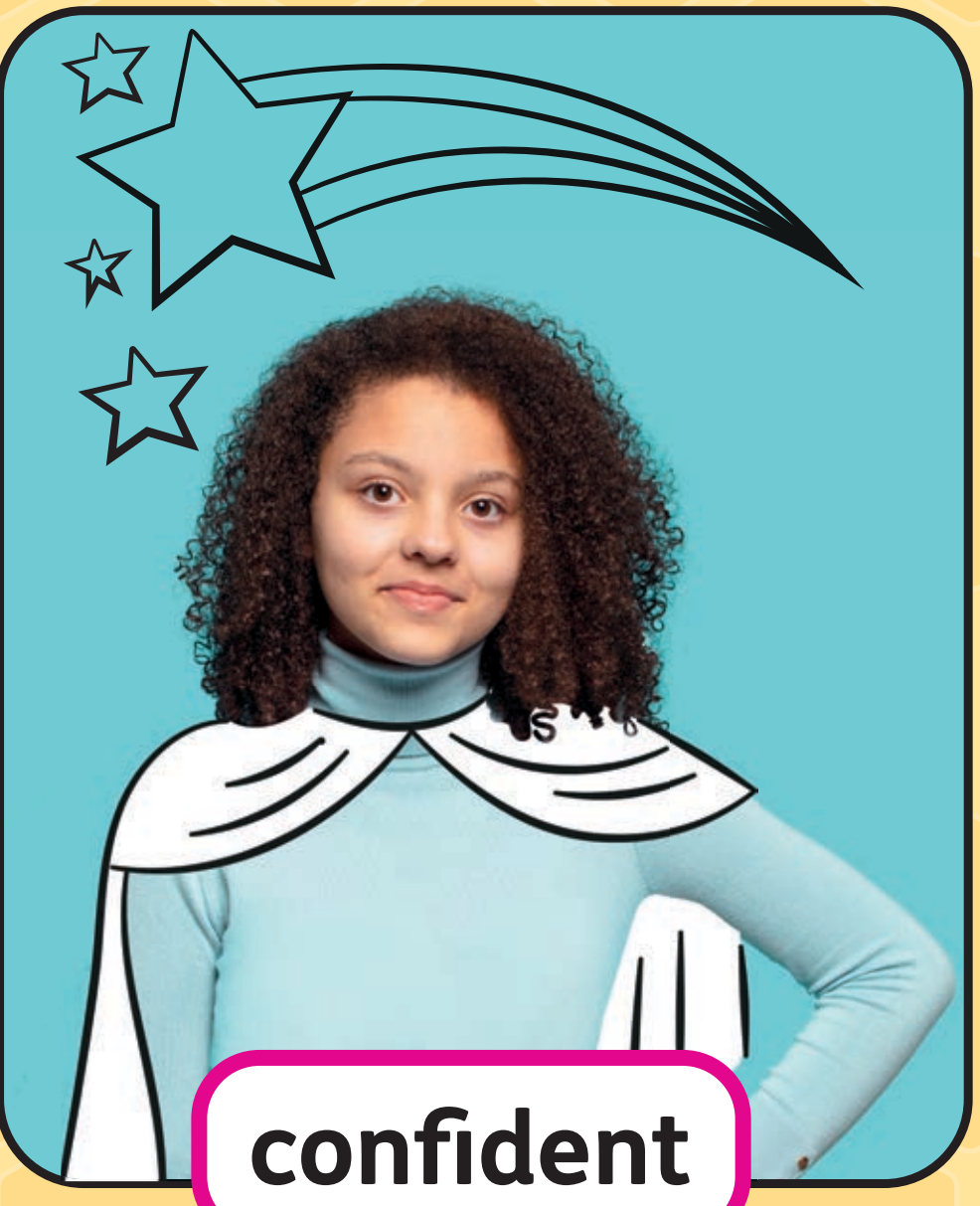
When I feel confident, I ...

Think, feel, grow



anxious

- take a deep breath
- talk to somebody



confident

- stand straight
- talk clearly



confused

- ask for help
- write a list



curious

- learn new things
- look for information



determined

- complete difficult tasks
- solve problems



embarrassed

- laugh
- learn from a mistake



frightened

- write about it or draw it
- tell somebody



generous

- help other people
- share my things



jealous

- think about why
- try to be kinder



lazy

- challenge myself
- work harder

I feel anxious when I have exams.



What do you do when you feel anxious?

When I feel anxious, I talk to my friends.



Have you ever felt (embarrassed)? When and why?
 What do you do when you feel (jealous)?
 What makes you (curious)?
 How do you feel when you (make a mistake)?
 How did ... feel in the story? Why?
 Was he / she (more / less confident)? / Were they (frightened)?