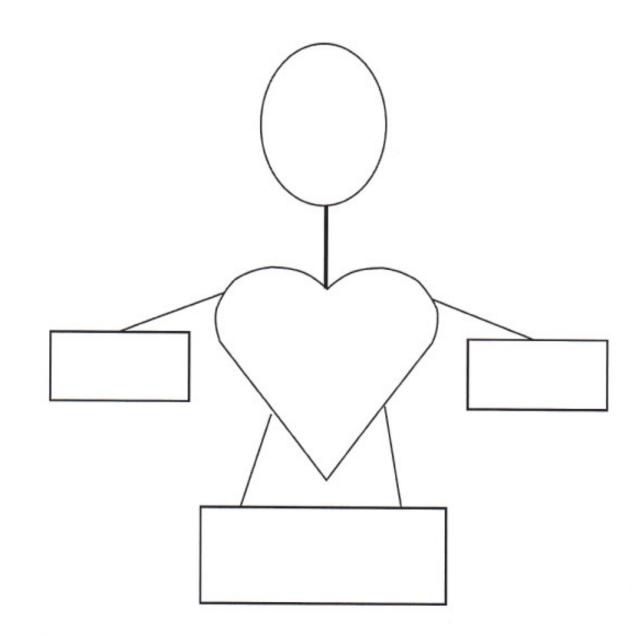
Feeling Guy

This handout was adapted from *School Volunteer Handbook: A Simple Guide for K-6 Teachers and Parents* and is shared with permission from authors Yael Calhoun and Elizabeth Q. Finlinson. The handout accompanies the lesson plan "Be the Boss: A Lesson Plan on Managing Feelings," available at http://www.educationworld.com/a_lesson/lesson-plan-managing-feelings.shtml.

You have the power to help yourself feel better.



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