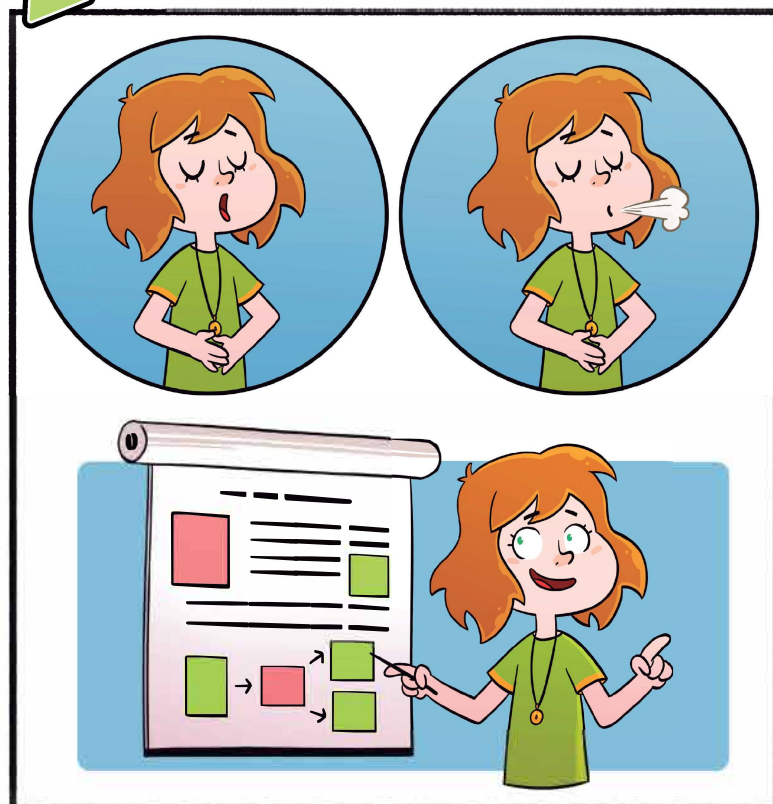


FLYERS EMOTIONS

STRESS – I FEEL STRESSED



CALM – NOW I FEEL CALM



FRUSTRATION – I FEEL FRUSTRATED



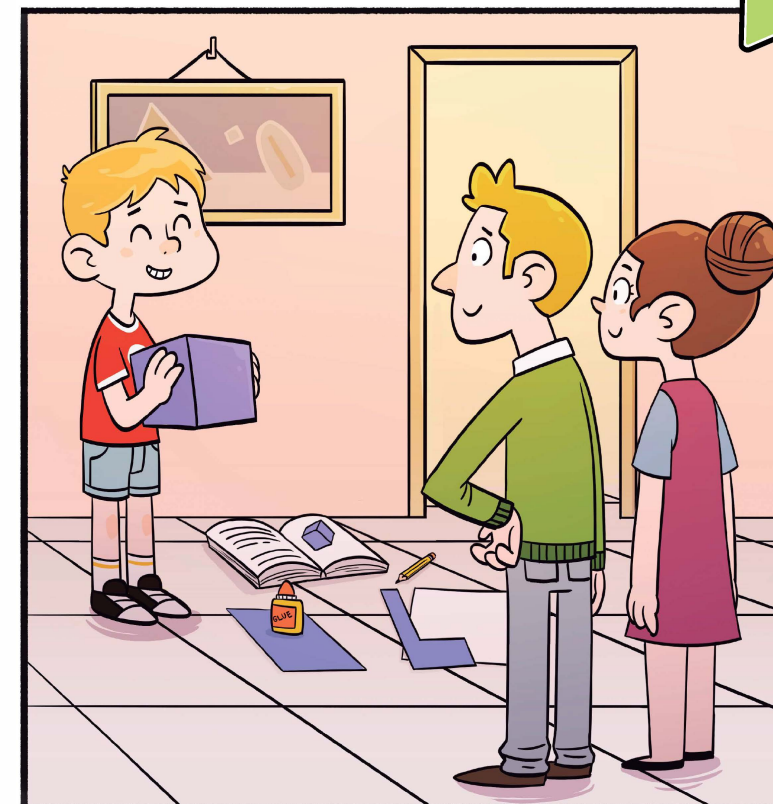
PRIDE – NOW I FEEL PROUD



HELPLESSNESS – I FEEL HELPLESS



CONFIDENCE – NOW I FEEL CONFIDENT



I recognise and manage my emotions.