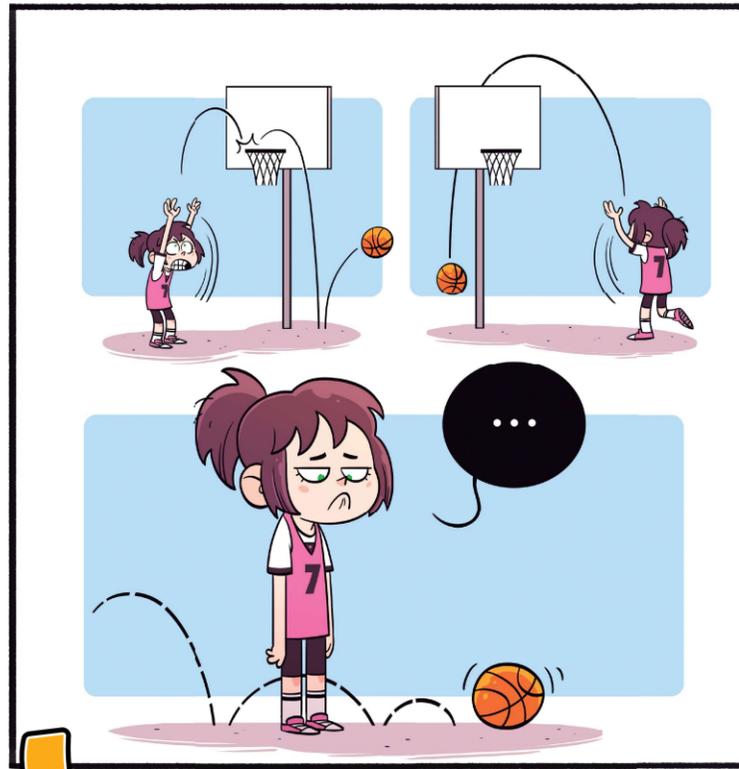
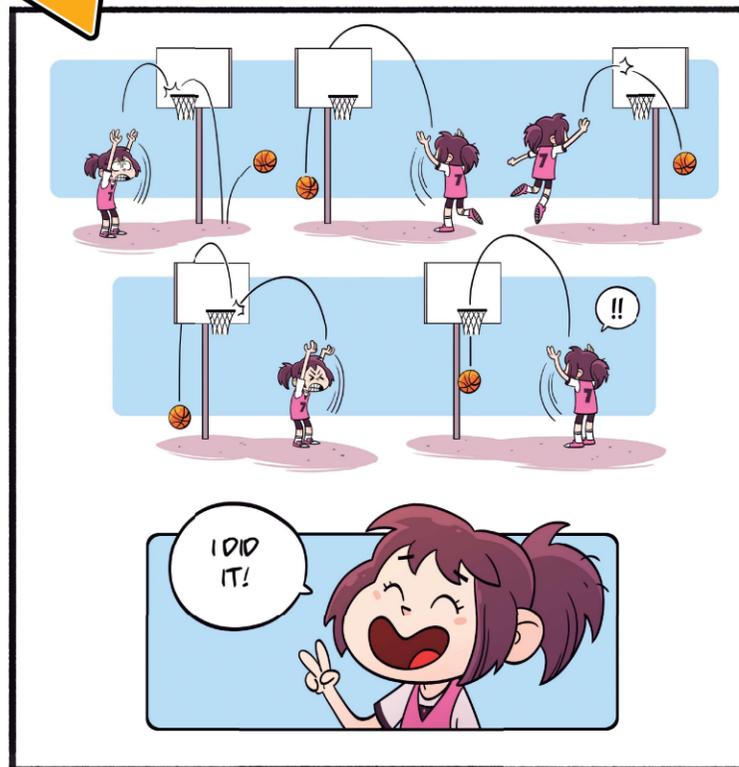


STARTERS EMOTIONS

FRUSTRATION – I FEEL FRUSTRATED



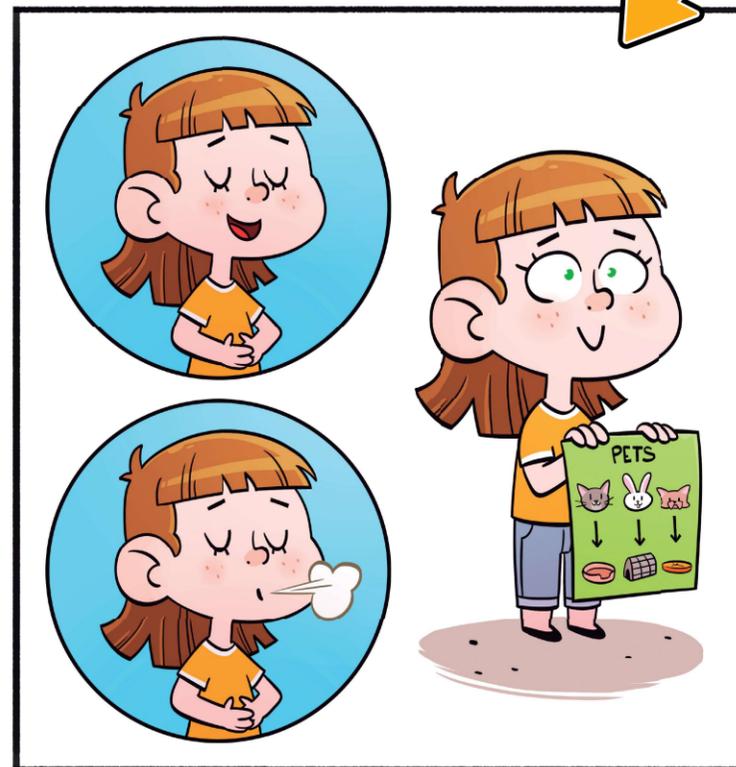
PRIDE – NOW I FEEL PROUD



STRESS – NOW I FEEL STRESSED



CALM – NOW I FEEL CALM



INSECURITY – I FEEL INSECURE



CONFIDENCE – NOW I FEEL CONFIDENT



I recognise and manage my emotions.