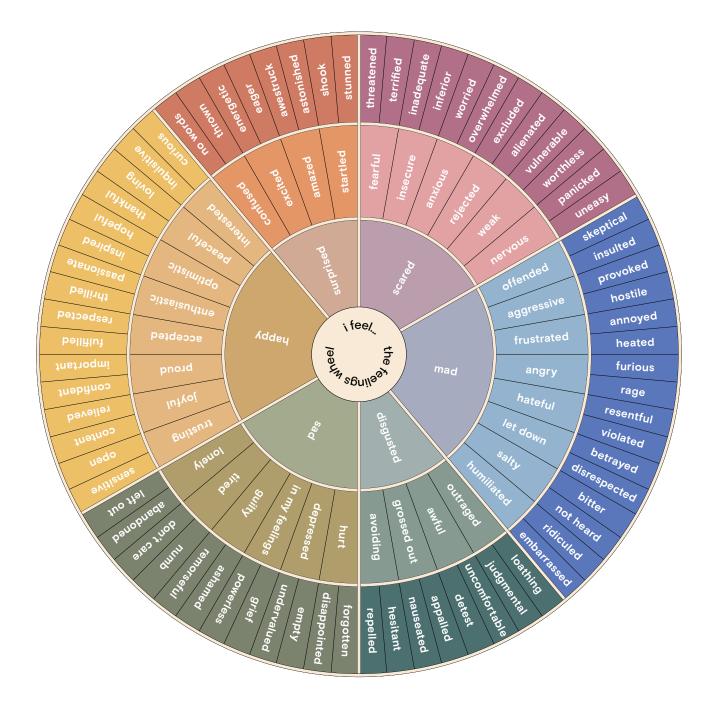
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Let's name our emotions.

#1 Start in the inner circle with the six easily identifiable emotions.

- #2 Ask yourself, "What is the secondary emotion I'm feeling?" It's possible to feel more than one.
- #3 Take some time to process, journal, or talk with someone about your feelings.