

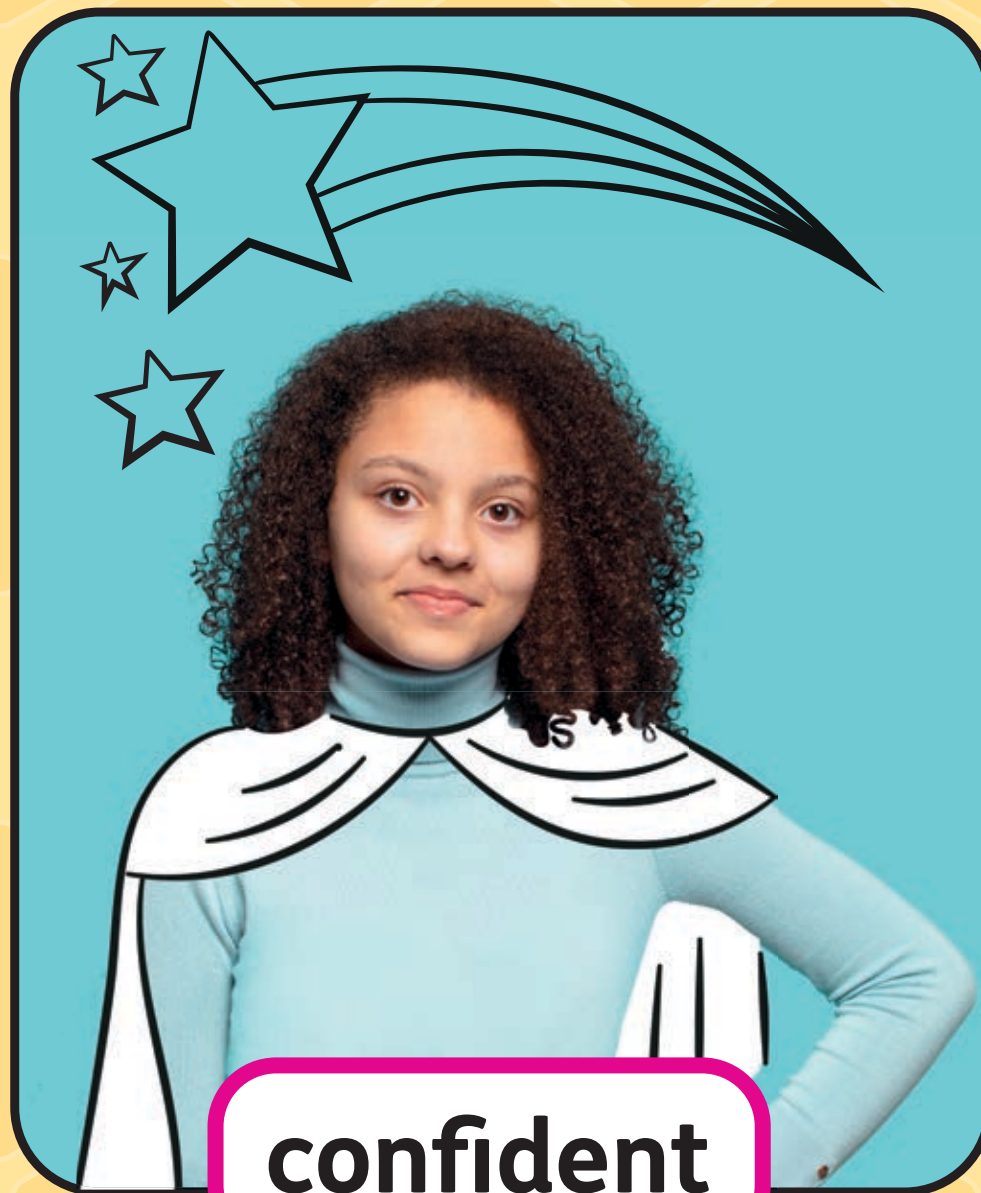
When I feel **confident**, I ...

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)?