





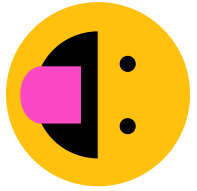



 <p>SCARED</p>	 <p>CALM</p>	 <p>SILLY</p>	 <p>ENERGIZED</p>	 <p>ANGRY</p>
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MY MOOD MY BUSINESS

 <p>ACCEPTED</p>	 <p>SURPRISED</p>	 <p>HAPPY</p>	 <p>LOVED</p>	 <p>SAD</p>	 <p>LONELY</p>
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I want to be able to choose my mood!

I am going to

Handwriting practice area with dashed lines for the first sentence.

so that i can feel

Handwriting practice area with dashed lines for the second sentence.



PREPARED BY:

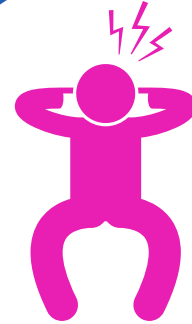


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Dear _____,

There are so many people in my house. It can get so noisy when I am trying to do school work or just chill and read a book. I hate having everyone around all the time. I wish I could get some peace and quiet. Do you have any ideas for me?

♥ Love,
Hating the Noise



Dear Hating all the Noise,

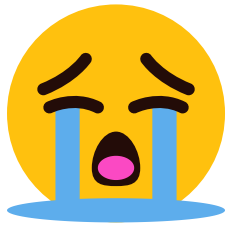
Lots of noise may feel overwhelming. I actually have some ideas for you...

Dear _____,

I miss my friends so much. I see them during school but we are supposed to be learning so we don't get to talk.

It's been 8 weeks since we have gotten together and it feels like forever. How can I still have friends when I am stuck at home?

♥ Love,
Lonely



Dear Lonely,

It's so hard to be away from our friends.

I actually have some ideas for you...