

Speech and Language Therapy

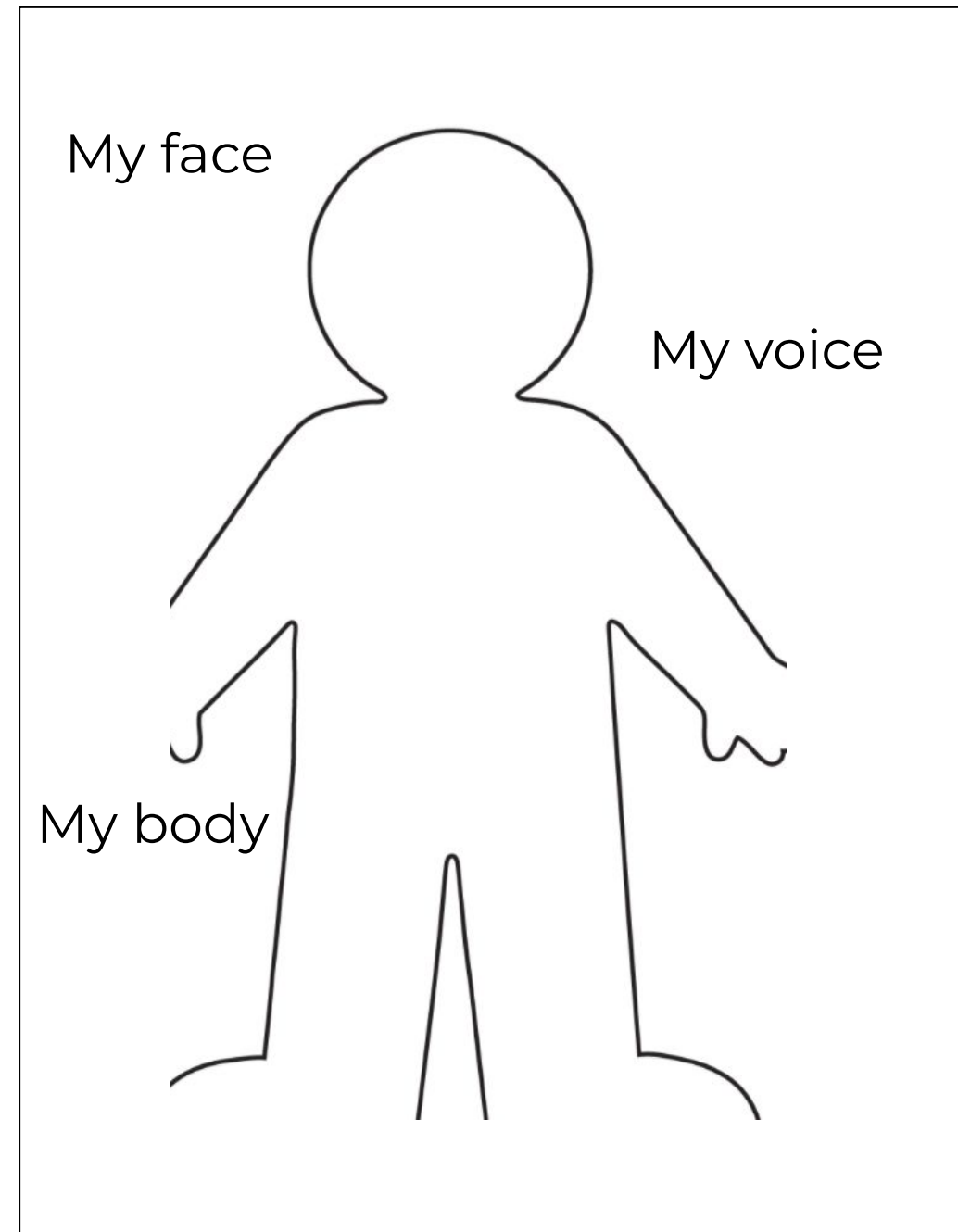
# **My Feelings and What Makes Me Happy**

## **Lesson 10 of 14 on Emotional Regulation and Self Esteem**

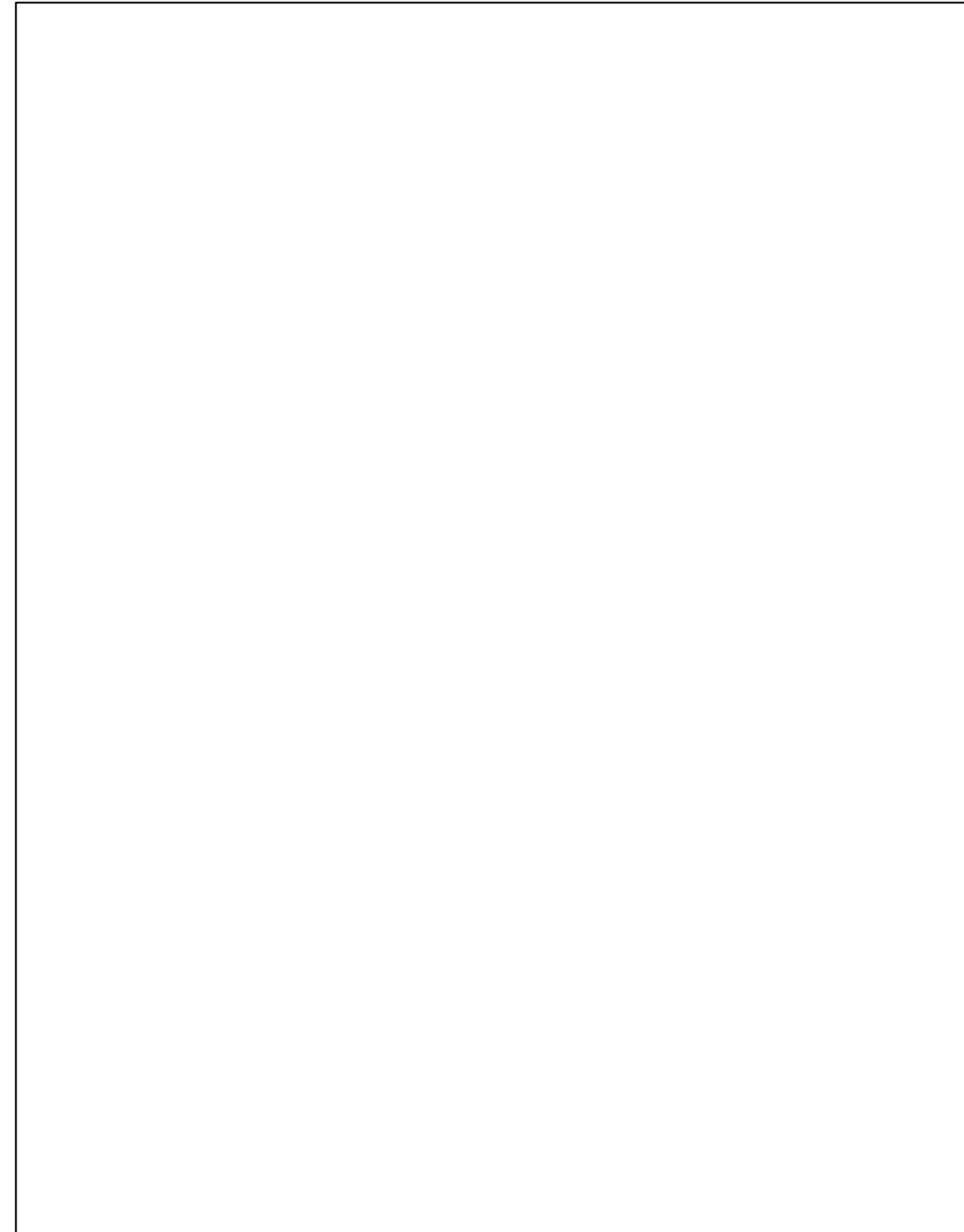
Emma Jones



# How does my body feel when I am happy ...



# What makes me feel happy?

A large, empty rectangular box with a thin black border, intended for a user to write their answer to the question "What makes me feel happy?".

# References

- Slide 2- Pixy.org images 2020

