In *Allie All Along*, Allie has lots of big feelings! What feelings do you have in your heart?

Some feelings you might have:
HAPPY, SAD, SILLY, ANGRY,
WORRIED, EXCITED . . .

Pick a color for each feeling, and add it to your heart!

☐ __________
☐ __________
☐ __________
☐ __________
☐ __________

When I get angry, I can calm down by . . .