



# How are you FEELING?

NOBODY CAN TELL YOU HOW TO FEEL ABOUT SOMETHING OR WHEN TO FEEL IT.

Let all those feelings hang out—the good, the bad, and even the weird—and find out what's really going on inside your head and heart.

..... Are You Happy? .....

..... Are You Afraid? .....

## GREETINGS!

Your mood has beamed down to Earth as the universe's CUTEST alien.

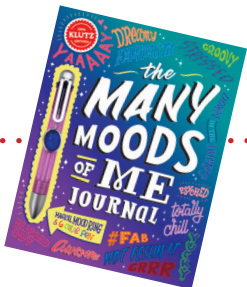
WHAT DOES IT LOOK LIKE? SKETCH IT HERE.

# HAPPY



## THE PHOBIA FILES

A phobia is a fear or dislike of something. If you can name it, someone's afraid of it! Do you have any phobias? MAKE A LIST OR DRAW THEM IN BELOW.



from **The Many Moods of Me Journal**, explore all your emotions—the good, the bad, and the weird—with this kids activity journal from Klutz! *Parents, find more KLUTZ activities at [Klutz.com](http://Klutz.com)!*