

**BoA**

**FEAR!**



## Looks Like

- Hands open and up
- Leaning back
- Wide eyes

## Sounds Like

- Shriek or scream
- Shaky voice
- Irritated

## Feels Like

- Upset stomach
- Fast heartbeat
- Nervousness

Izzy

# SAD!



## Looks Like

- Shoulders slumped
- Eyes down
- Frown

## Sounds Like

- Negative comments
- Cranky voice
- Crying

## Feels Like

- Down in the dumps
- Heartbroken
- Low energy

Pepper

# ANGER!



## Looks Like

- Aggressive behavior
- Clenched hands
- Scowl

## Sounds Like

- Unkind words
- Negativity
- Loud voice

## Feels Like

- Tight muscles
- Out of control
- Frustrated

**fizz**

**LOVE!**



## Looks Like

- Open arms
- Big smiles
- Hugs

## Sounds Like

- Kind words
- Supportive
- Laughing

## Feels Like

- Warm and cozy
- Full heart
- Content



Koko

# PEACE!

## Looks Like

- Sharing behavior
- Relaxed body
- Smile

## Sounds Like

- Inviting others to join
- Helpful words
- Soft voice

## Feels Like

- Relaxed
- Free
- Calm

Chow

# HAPPY!



## Looks Like

- Open, upturned eyes
- Shoulders back
- Smile

## Sounds Like

- Encouraging words
- Upbeat voice
- compliments

## Feels Like

- Excited
- Hopeful
- Bubbly