



If you're **HAPPY**
and you know it:

Smile wide!

Hug a friend!



If you're **SAD**
and you know it:

Snuggle up!

Cry some tears!



If you're **ANGRY**
and you know it:

Stomp your feet!

Dance it out!



If you're **EXCITED**
and you know it:

Wiggle around!

Hop hop hop!



If you're **SURPRISED**
and you know it:

Gasp out loud!

Say "Oh wow!"



If you're **DISGUSTED**
and you know it:

Show your tongue!

Jump way back!



If you're **CONFUSED**
and you know it:

Scratch your head!

Squint your eyes!



If you're **WORRIED**
and you know it:

Take a breath!

Count to five!