



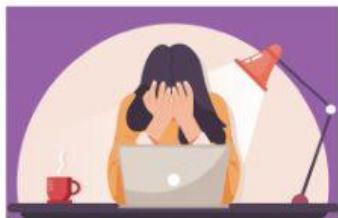
**EXPERIENCE 6: "LET'S REDUCE STRESS"**

**ACTIVITY 1: WHAT SHOULD I DO?**

**HOW DO YOU FEEL TODAY?**



She feels ....



**STRESSED**

**ANGRY**

**HAPPY**

**SAD**

**SURPRISED**

**BORED**

**SICK**

