

## WORD LIST

HAPPY	Being in a good mood.
ANGRY	The state of being upset at someone or something.
FEAR	Being afraid of someone or something.
SAD	Feeling a sense of loss over someone or something.
EMOTIONS	The feelings that result from interacting with people or things.
MINDFUL	To be fully aware of your surroundings and feelings.
CALM	To be at peace and not anxious.
WORRY	To be thinking about people or things and feel stress.
BREATH	The air in your lungs that you breathe in or out.
STRETCH	To loosen your muscles and joints through exercise.
POSTURE	To place your body in an exercise position.
GRATITUDE	To feel thankful.
KINDNESS	The ability to treat others with respect and generosity.
FOCUS	The ability to pay attention to one thing.