Noticing our feelings Annoyed **Excited** Accepting Suprised **C**Disgusted *m*anahau. manahau.nz

Noticing our feelings Hōhā Angry Irritated Ngenge Serene *m*anahau. manahau.nz

Noticing our feelings **C** Focussed Proud Worried Curious Calm *m*anahau. manahau.nz

Noticing our feelings **C**Frustrated Peaceful Joyful Ka Pai **C** Amazed *m*anahau. manahau.nz

Noticing our feelings Energised Pouri Embarrased C Friendly Pessimistic *m*anahau. manahau.nz

Noticing our feelings Lonely Guilty Brave C Harikoa Restless *m*anahau. manahau.nz

