



## Resources – Feel the emotion

- <https://www.healthline.com/health/list-of-emotions>
- <https://www.britannica.com/science/emotion>
- <https://www.youtube.com/watch?v=0gks6ceq4eQ>
- <https://kidshealth.org/en/teens/stressful-feelings.html>
- <https://kidshealth.org/en/teens/understand-emotions.html>
- <https://www.goodtherapy.org/blog/psychpedia/emotion>
- <https://counselingcenter.illinois.edu/brochures/experiencing-and-expressing-emotio>
- <https://www.youtube.com/watch?v=iWlcAyIOVNU>
- [https://www.youtube.com/watch?v=CuL7A\\_zmqD0](https://www.youtube.com/watch?v=CuL7A_zmqD0)