Rubric

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| --- | --- | --- | --- | --- |
|  | 4 | 3 | 2 | 1 |
| Title page |  |  |  |  |
| Contents |  |  |  |  |
| I can explain the feeling. |  |  |  |  |
| I have strategies to manage the feeling. |  |  |  |  |
| Glossary |  |  |  |  |
| About the author |  |  |  |  |