

I am feeling:



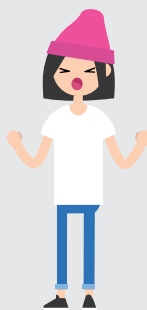
Scared



Sad



Angry



Frustrated



Embarrassed

I feel it in my:

Head

Heart

Tummy



Everywhere!

The feeling is:



Small

Medium

Big

Do I want to talk about it?

Yes

No

>>> You can help me by:

Giving me a hug

Giving me some alone time

Making me laugh

Sitting quietly with me

Telling me a story

Listening to me



I am going to help myself with:



My Pets



Quiet Time



Getting Outside



Oils & Crystals



My Toys