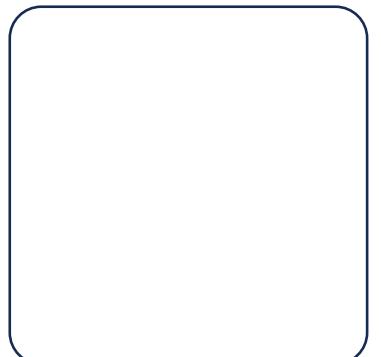


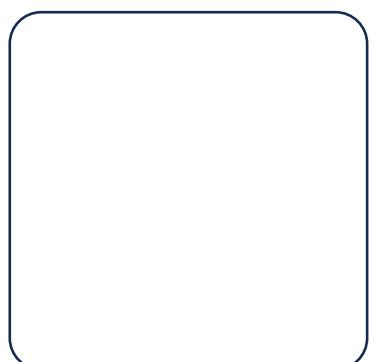
Remembering My Feelings

Now it's time to think about your feelings. For each box below, write or draw about a time you have felt that emotion. Take your time and remember there are no right or wrong answers, every feeling you experience is important and unique to you.

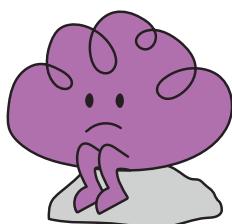
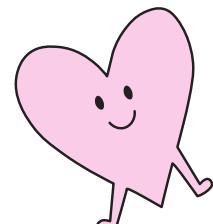
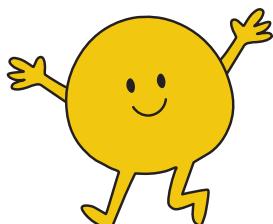
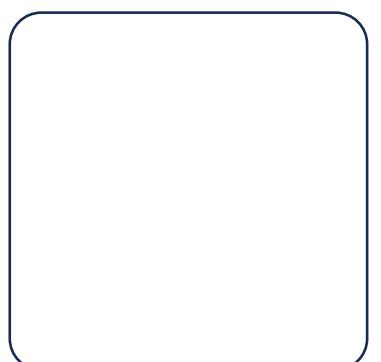
A time you have felt happy:



A time you have felt sad:



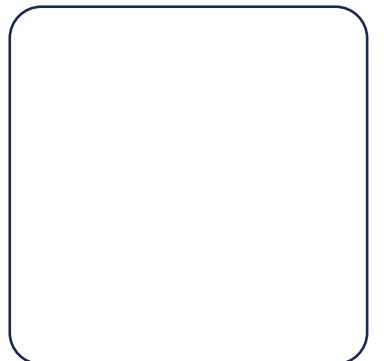
A time you have felt angry:



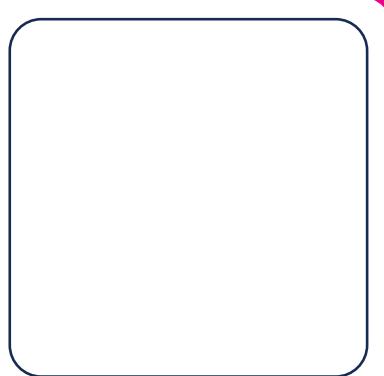
Remembering My Feelings

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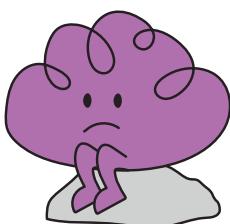
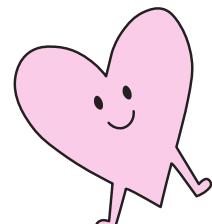
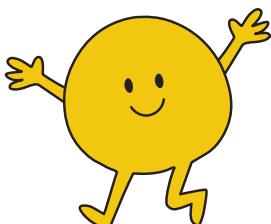
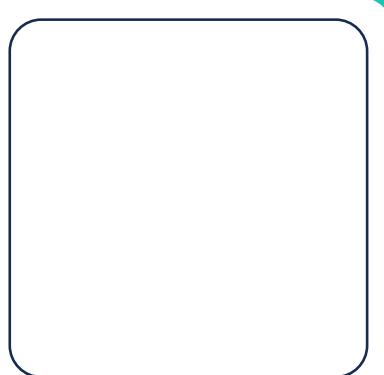
A time you have felt worried:



A time you have felt loved:



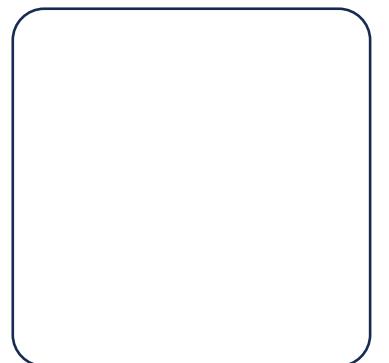
A time you have felt calm:



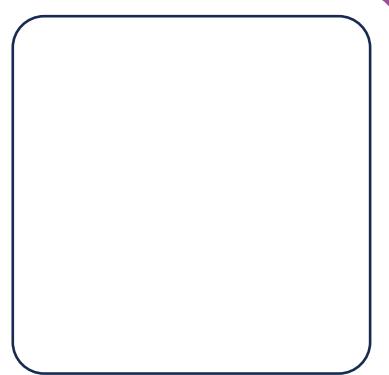
Remembering My Feelings

Now it's time to think about your feelings. For each box below, write or draw about a time you have felt that emotion. Take your time and remember there are no right or wrong answers; every feeling you experience is important and unique to you.

A time you have felt embarrassed:



A time you have felt confident:



A time you have felt proud:

