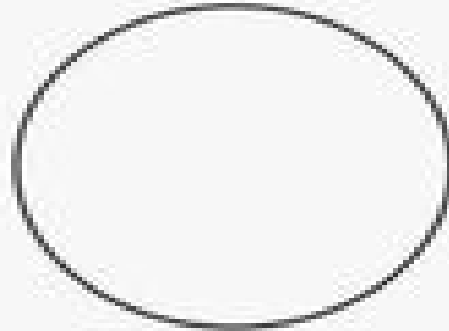
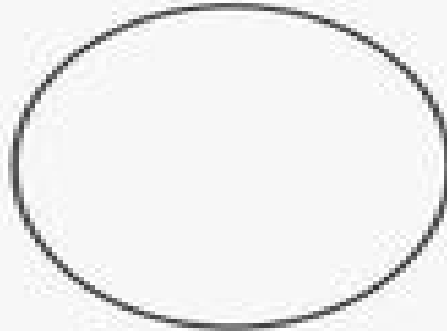
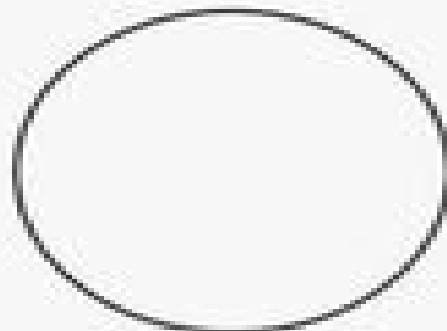
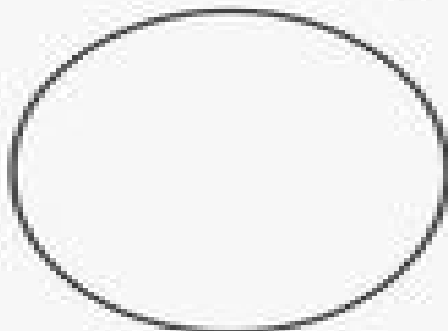


All Feelings are Okay!

In the circles below draw pictures of different feelings.
Talk about how you can deal with each feeling!



It's what we do with our feelings that counts!

Never use your feelings as an excuse to hurt others or yourself! Use coping skills like talking to a friend or an adult about BIG feelings that trouble you!

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