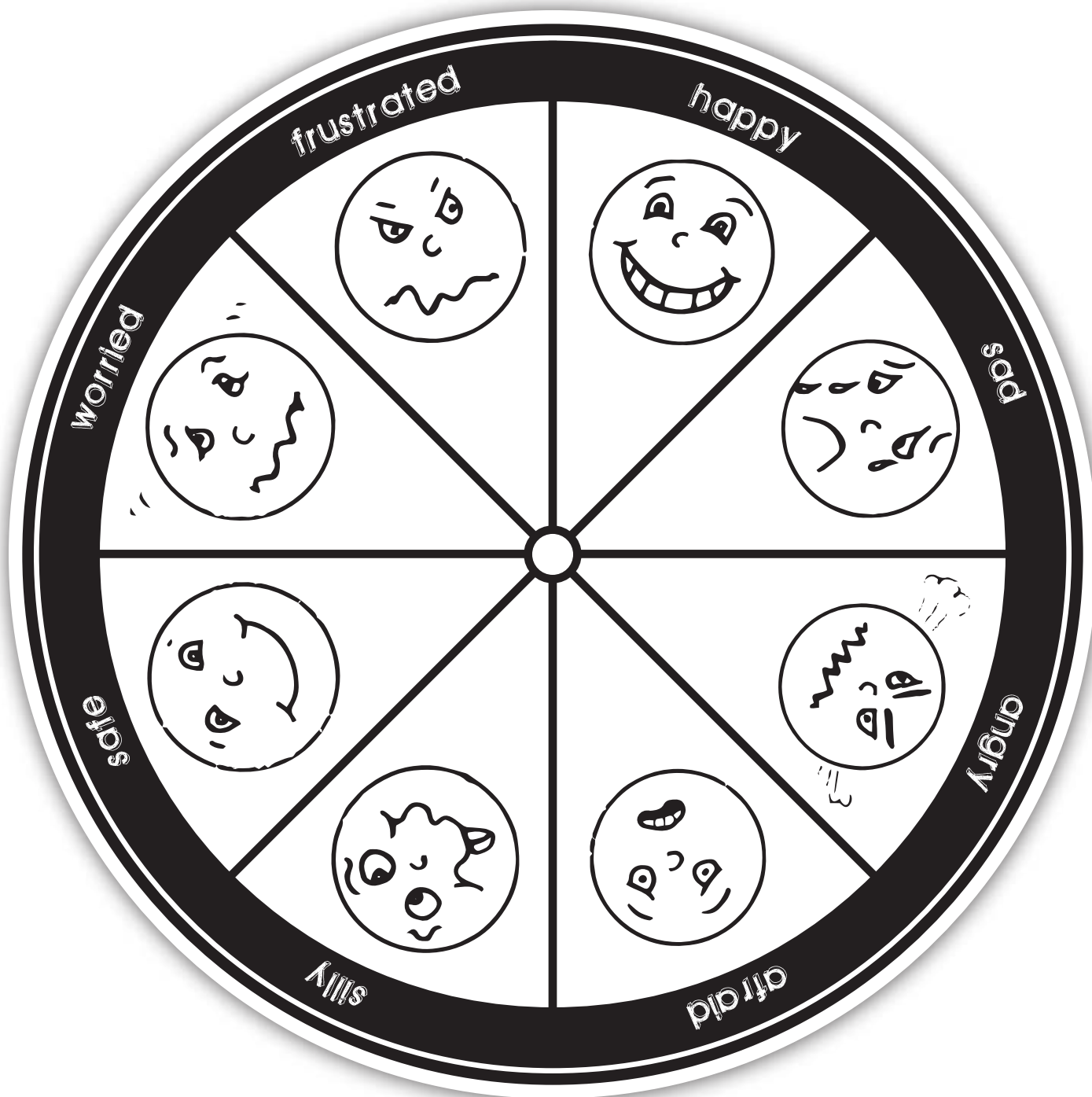




My feelings come and go, and all feelings are okay to have! I can think of safe things to do with my feelings.



## Instructions

- Cut out the arrow to the right.
- Use a tightener to poke a hole through the arrow & the feelings circle.
- Point the arrow to how you are feeling!

