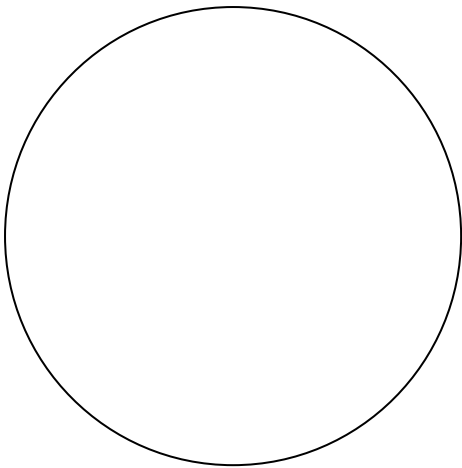
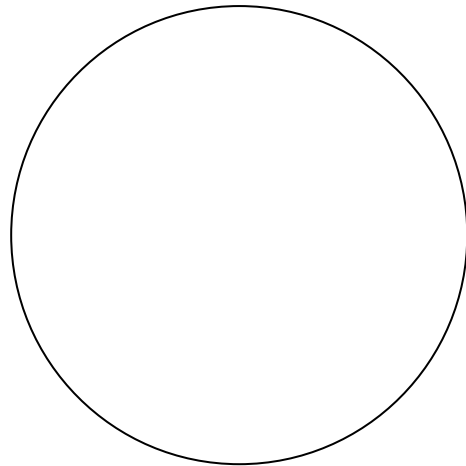


## \*Feelings page

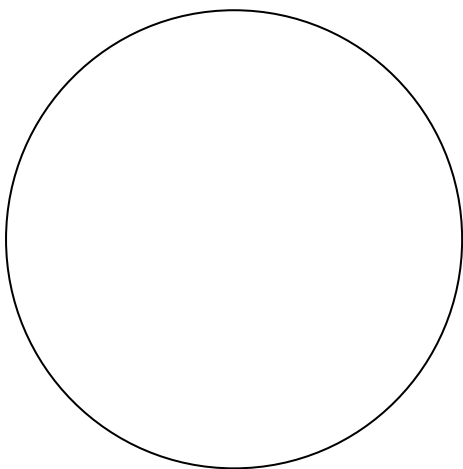
Let or help your kid draw faces in the circles to show the 4 feelings. Then you can say which of these you feel, without ever blaming them or anyone for any negative feelings, and without worrying them. Then the kid can point to the one they feel, and if possible say why. If not, you have to guess! Older kids sometimes prefer to write down reasons for the feeling on the back of the page.



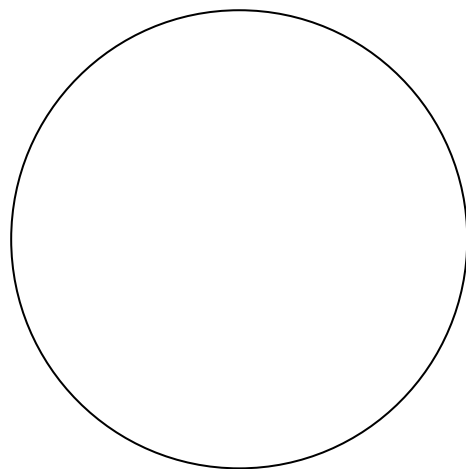
sad



mad (angry)



scared



glad

*Thanks for this, Michael Mallows*