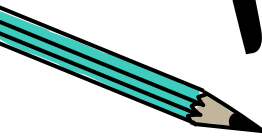


# My feelings in scribbles & Doodles



What colour is your feeling?



Draw an emoji to describe  
your feeling.

Name your feeling.



Doodle yourself calm.



Write a positive message to yourself.

