

FEELINGS CHECK-IN



LION
HEART
CAMP FOR KIDS



COLOUR IN WHERE YOU FEEL
THE EMOTION IN YOUR BODY

WHAT ARE THE EMOTIONS
THAT I AM FEELING? ?



WHAT WAS HAPPENING AROUND
ME WHEN I NOTICED MY BODY
FEEL THIS WAY? ?

HOW IS THIS EMOTION
TRYING TO HELP ME? ?

DRAW YOUR EMOTIONS

FEELINGS CHECK-IN



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