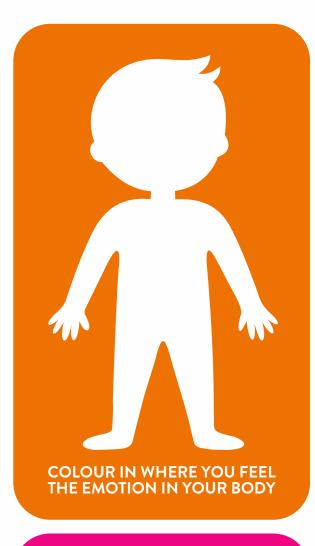
FEELINGS CHECK-IN





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

























