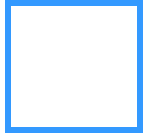
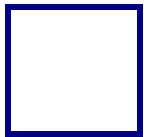


IF Feelings

~~ are stuffed inside your body for a long time the feelings often cause pain and aches and grumpiness!



Color ~ Blue
lightly where you have the feeling of a little hurt.



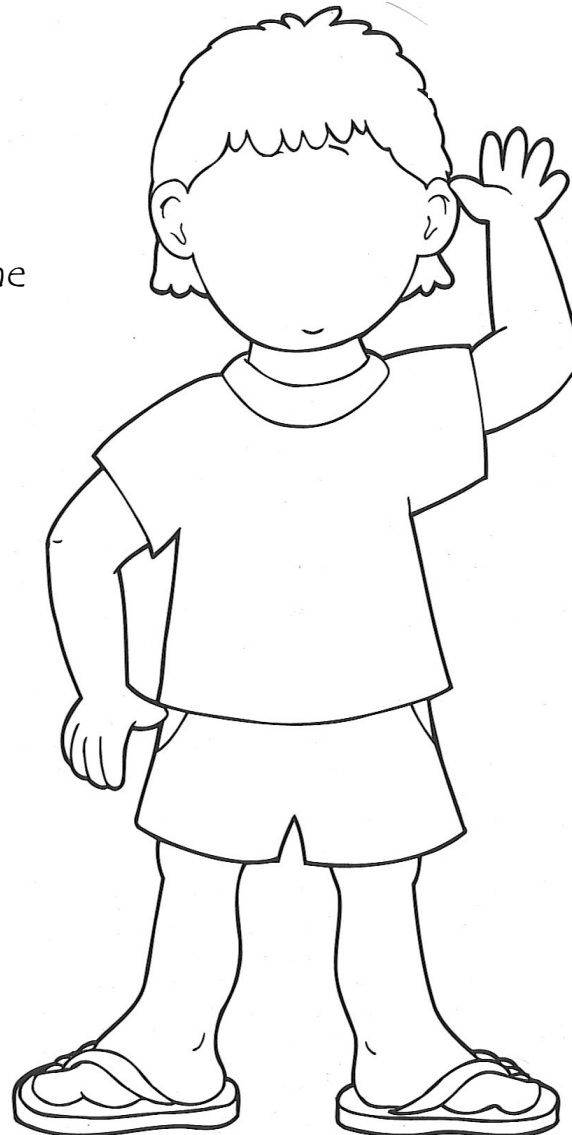
Color ~ Dark Blue
where you feel a lot of hurt... sometimes!

Is this the same place you sometimes feel

anger _____

fear _____

sickly _____



Ways to let the feelings out:
Sports & Music
Art & Play
Exercise & Talking
Other ideas: _____

What new thing would you like to try?

What are you good at?
