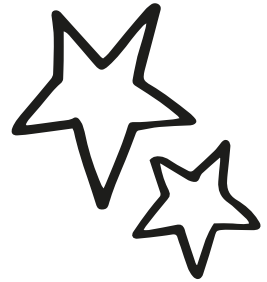
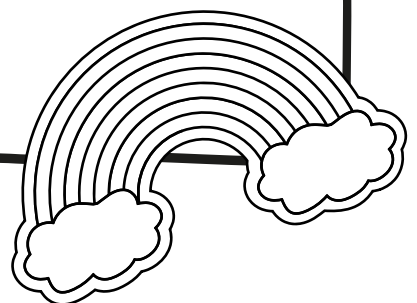
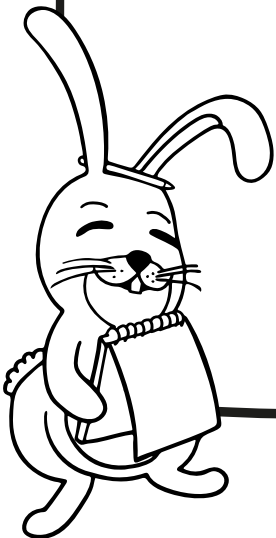


**Let's talk
about...
feelings**

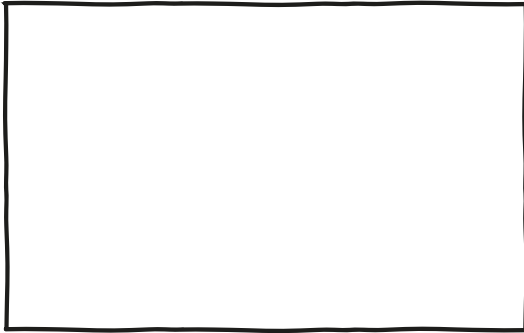


**Draw what
makes you
HAPPY**

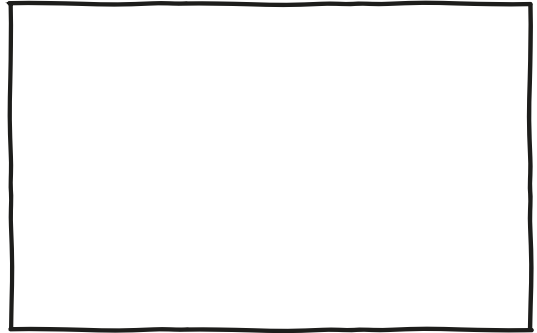
This could be a picture, a colour, a person,
a place or even your own bunny!



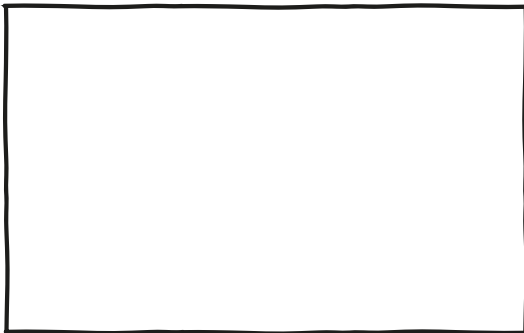
WHAT COLOUR MAKES YOU FEEL SAD?



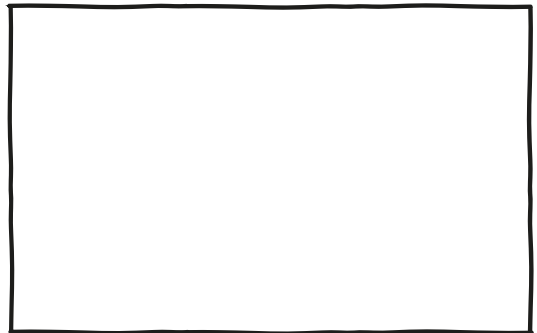
WHAT COLOUR MAKES YOU FEEL ANGRY?



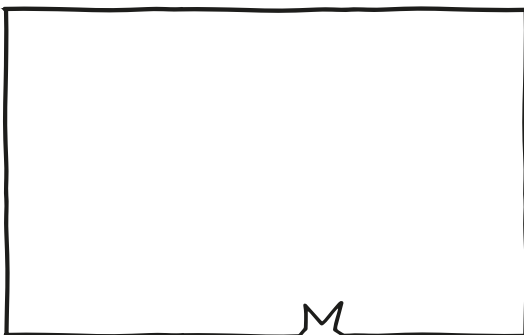
WHAT COLOUR MAKES YOU FEEL SCARED?



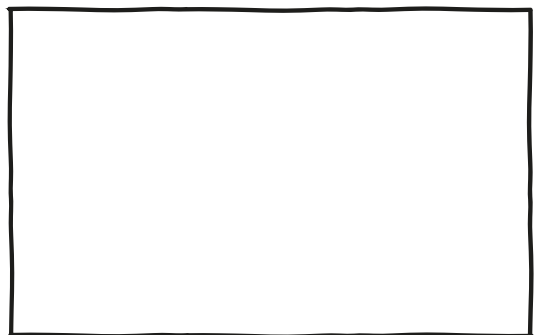
WHAT COLOUR MAKES YOU FEEL CALM?



WHAT COLOUR MAKES YOU FEEL WORRIED?



WHAT COLOUR MAKES YOU FEEL EXCITED?



You might want to use these colours to help you talk about your feelings with friends and family

And don't forget, it's okay not to be okay all of the time