

WHEN I FEEL OVERWHELMED I IMAGINE A CALM FOREST



**WHEN I FEEL SAD
I PICTURE THE FEELING AS
CUDDLES THE BEAR!**

**HUGS OFTEN
HELP HIM FEEL
BETTER.**



**SOME EMOTIONS
CAN BE CONFUSING
AND THAT CAN FEEL SCARY...**

**BUT YOU
DON'T HAVE
TO FACE
THEM ALONE**



**IT CAN TAKE TIME
TO GET TO KNOW
YOUR EMOTIONS...
BUT THEY BECOME CLEARER
WHEN YOU GIVE THEM SPACE**



**ALL OF YOUR EMOTIONS
CAN BE HELPFUL
IF YOU GET TO KNOW THEM
AND WHAT MAKES THEM FEEL SAFE**

