



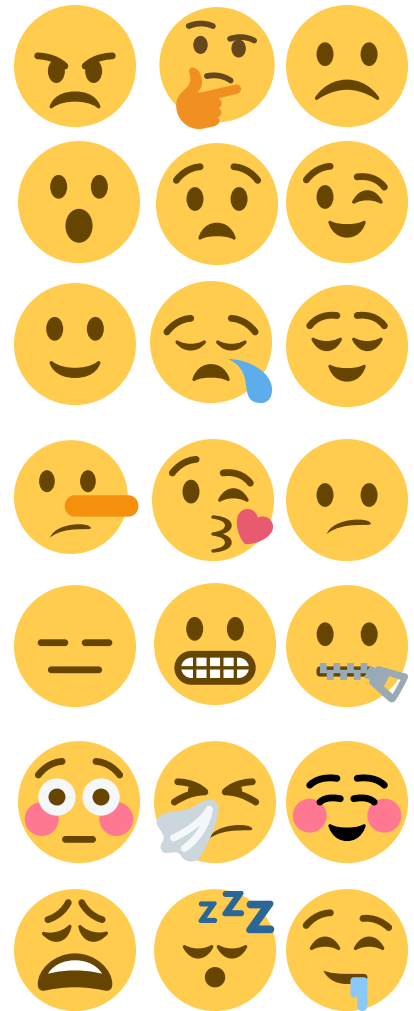
Feelings Mat



My feelings (words or pictures)

I feel like this because...

I can try to...



How big is my feeling?

1 2 3 4 5

Tiny  Huge