REFLECTION PAGE

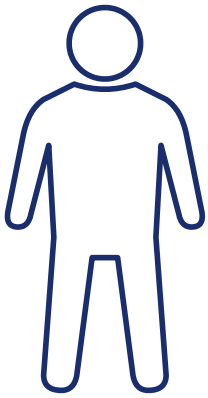
For children



For a grown-up to read aloud. Draw, colour, point or circle. No writing needed.

Draw how you felt

Colour where you felt it



Circle the feeling

happy | sad | angry | scared | worried | tired | another feeling

What helped? Circle it

a cuddle | a slow breath | a wiggle | drawing | a rest | talking | something else

A kind thing I can say to myself

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There's always a smart way.