Remote Continuing Care: All Feelings Are Okay

All feelings are okay. Three ways to let out your feelings are by talking, drawing, and writing. This is an important part of self-care.

Activity

First, let's draw! In the circles below, draw two feelings that you have felt in the last week.

Good job! Now, let's write! Complete the sentences below...

When I feel HAPPY, I show it by...
_______________________________________________________

I can tell I feel SAD when...
_______________________________________________________

One thing that I feel ANGRY about is...
_______________________________________________________

When I feel GUILTY, my body gets...
_______________________________________________________

When I feel SCARED, I wish I could...
_______________________________________________________

Awesome! Finally, write the names of two safe people you can talk to about your feelings.

1.) ______________________________ 2.) ______________________________

Remember, you can always share your feelings with us in the Children’s Program 😊
Our contact information is on the next page!
Remember, all feelings are okay. You have many different feelings each day. You can make healthy choices in dealing with your feelings. Tell us about some of your favorite ways to take care of your feelings.

We miss you! Call us, send us an email, or send us some mail whenever you want, and we will be sure to get back to you!

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