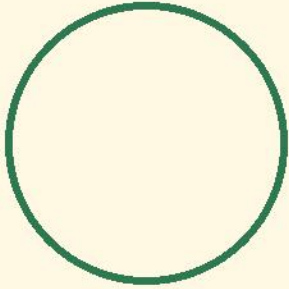


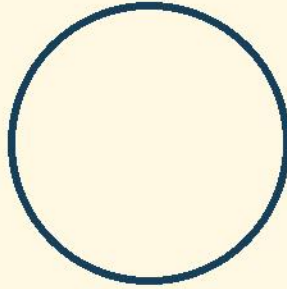


Feelings Check-In

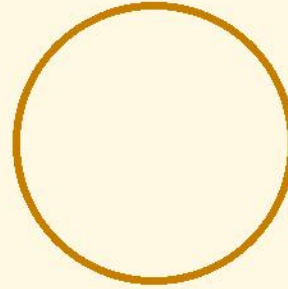
Circle how you feel today. Name it with your grown-up. All feelings are welcome in the patch.



Happy



Calm



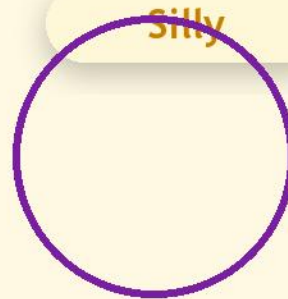
Silly



Worried



Mad



Tired



Parent tip: "I notice you feel _____. That's okay. Want a hug, a breath, or a quiet minute?"