

YOUR FEELINGS SKY

Imagine you have a special sky inside your heart.
Each star in the sky is a different feeling that you have.

ADD SOME STARS

Draw some stars in your magical sky. Make them big or small – however you like.

SHARE YOUR DAY

Write or draw something that made you smile today! If something was hard, write or draw about how bravely you faced it.

COLOUR IT

Colour your heart's sky. Is it shining brightly or feeling a little quiet? Share why with words or pictures. Remember, every feeling is okay!

MINDFUL MOMENTS

Close your eyes and take a deep breath in, then slowly breathe out. Think about how you're feeling right now. Is your sky full of bright stars, or are there some stars that need a little extra care? You can do this any time you want to understand your feelings better.

WONDER WORDS

Write some wonder words around your stars.

For example:

- "I understand my feelings."
- "I can take care of my feelings."
- "I am in tune with my heart."

WORDS ARE LIKE SUNSHINE

Your words are like warm sunshine! When you have big feelings, it might feel like a little cloud is above you. But when you share your heart's words, the cloud disappears! Imagine putting your feelings into glowing bubbles until you're ready to talk. Take your time. When you share, you light up the world!

