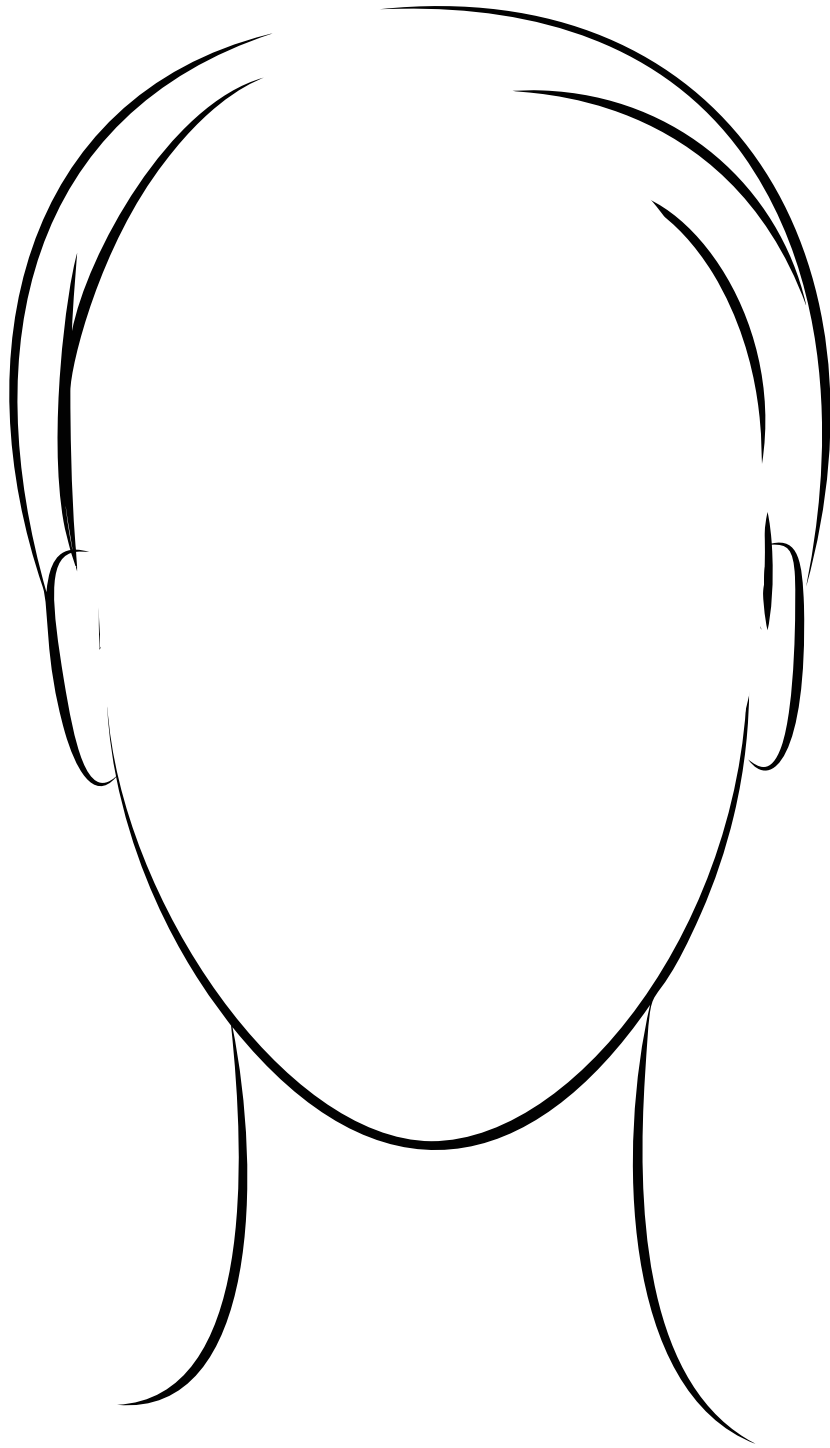


# What's My Emotion?

Draw how you feel. Think about what has happened to cause this emotion?

There is nothing wrong with having negative emotions. All emotions are normal and healthy for everyone! However, it is always a good idea to reflect on our emotions and the reasons they change. It helps us to get to know ourselves better!



name

mood

date