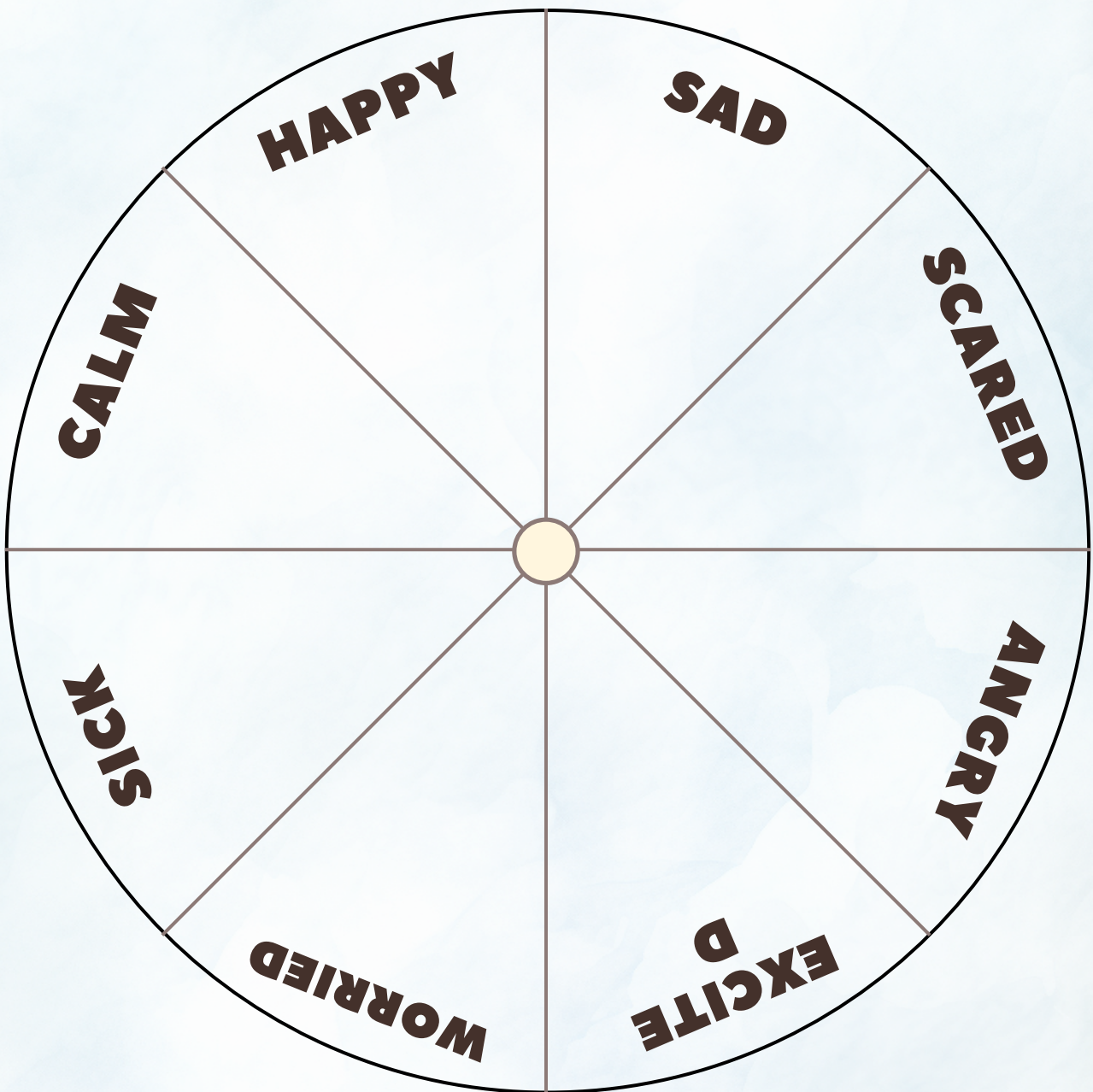


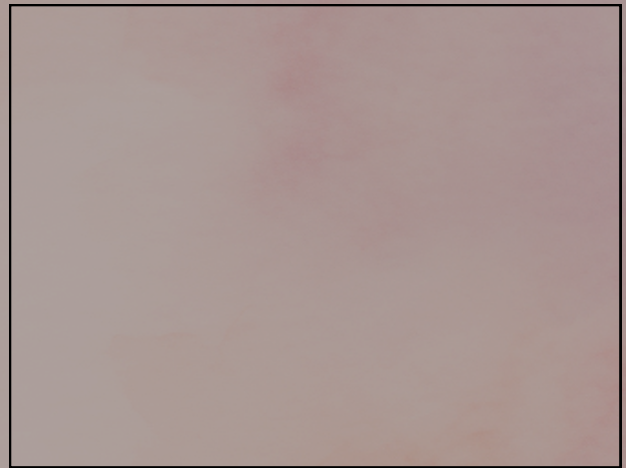
MY EMOTION WHEEL

Welcome to "My Emotion Wheel"! Understanding our own emotions is the first step to managing them. In each section of the wheel, draw a face showing that emotion, or write about a time you felt that way.



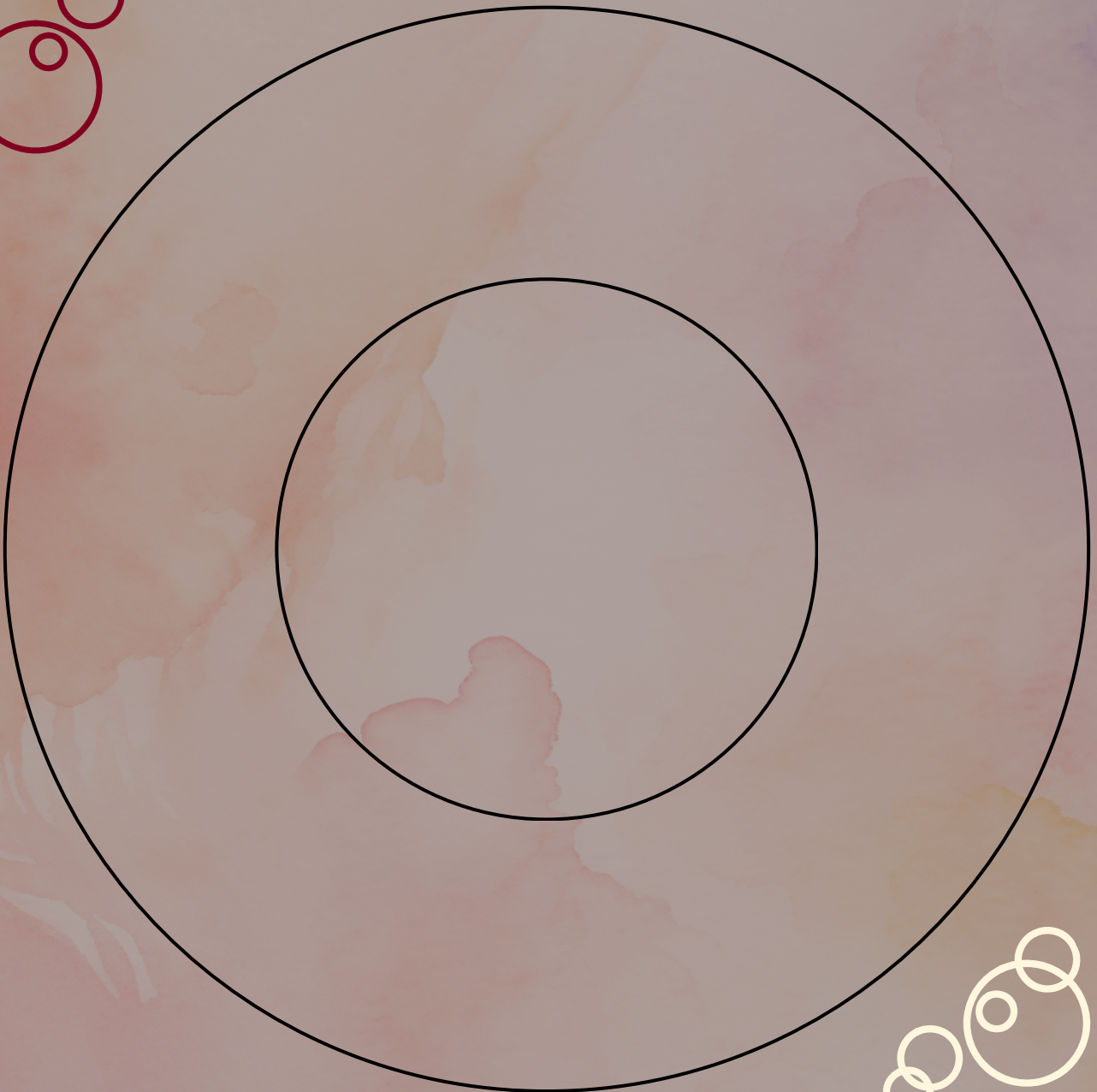
WALK IN THEIR SHOES

It's time for "Walk in Their Shoes". Understanding how others feel helps us empathize with them. Look at each scenario and draw or write how the character might be feeling.



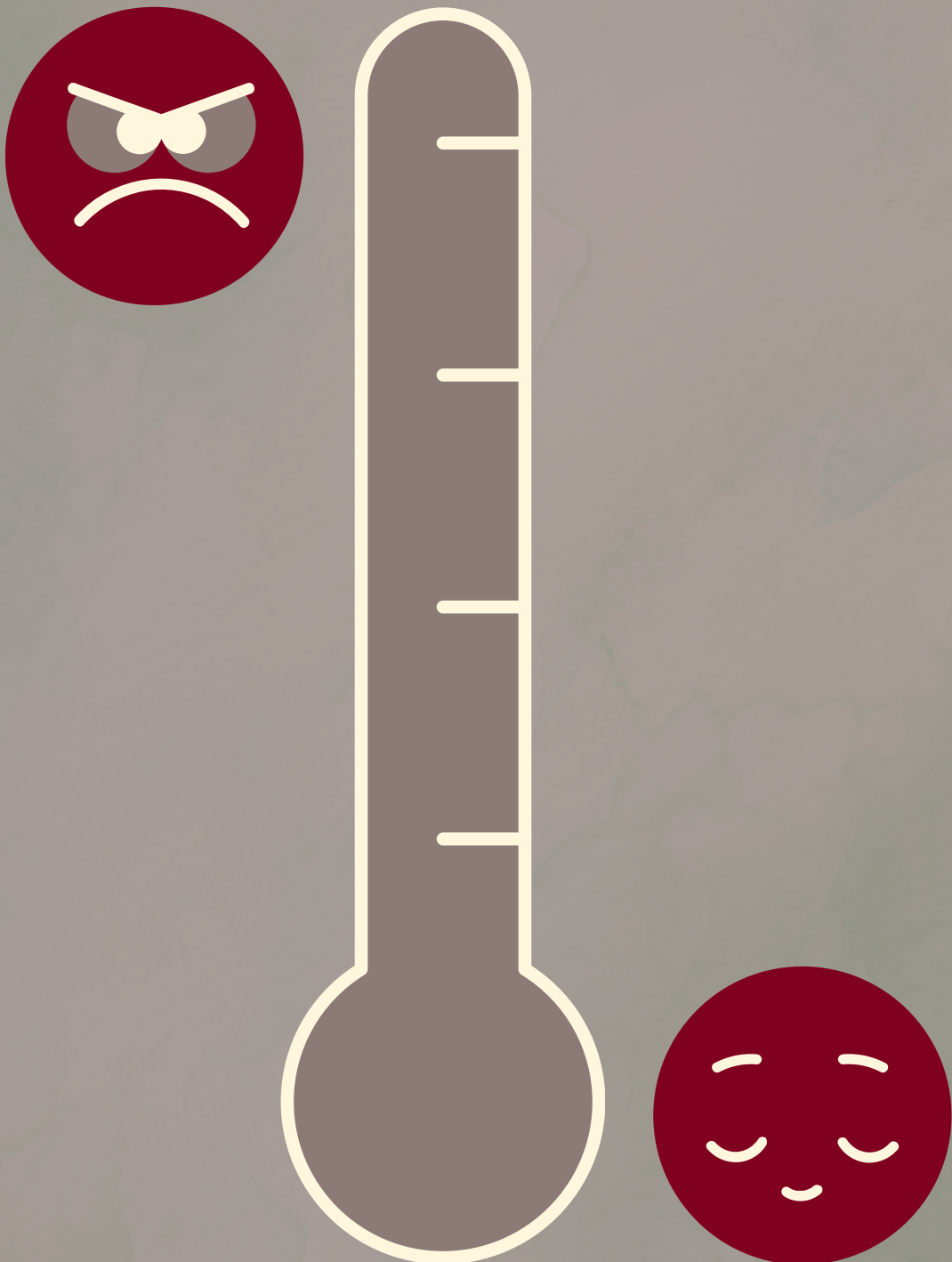
MY PERSONAL SPACE BUBBLE

Welcome to "My Personal Space Bubble"! Everyone has a right to personal space, and this activity will help us understand our boundaries. Draw yourself in the center. In the space around you, draw or write activities that you feel comfortable doing with others and activities you'd prefer to do alone or with close friends/family.



THE ANGER THERMOMETER

Let's explore "The Anger Thermometer". This will help us understand our feelings of anger and how they can escalate. Draw or write things that make you slightly upset at the bottom and things that make you very upset at the top.



FRIENDSHIP BOUNDARIES

Time for "Friendship Boundaries"! Respecting our friends' boundaries helps us build better relationships. In each situation, draw or write about how you can respect your friend's boundaries.

