

How is my heart today?

Circle one. There are no wrong answers. Lola, Nolan, and Ava all had days like this.



Calm



Happy



Worried

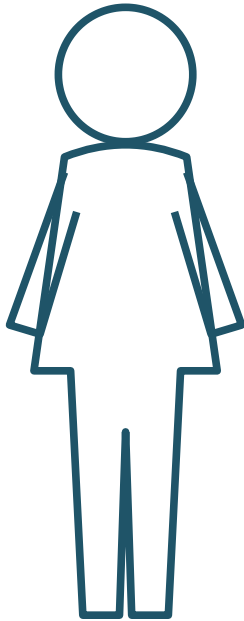


Sad



Mad

Where do I feel it?



Color the spot where the feeling lives. Butterflies in the tummy? A tight chest?
A wiggly leg? Hot cheeks?

One thing that would help right now:



Then: touch your pocket hug, breathe in slowly, breathe out slowly. Big feelings are allowed. They pass. Love travels with you.