

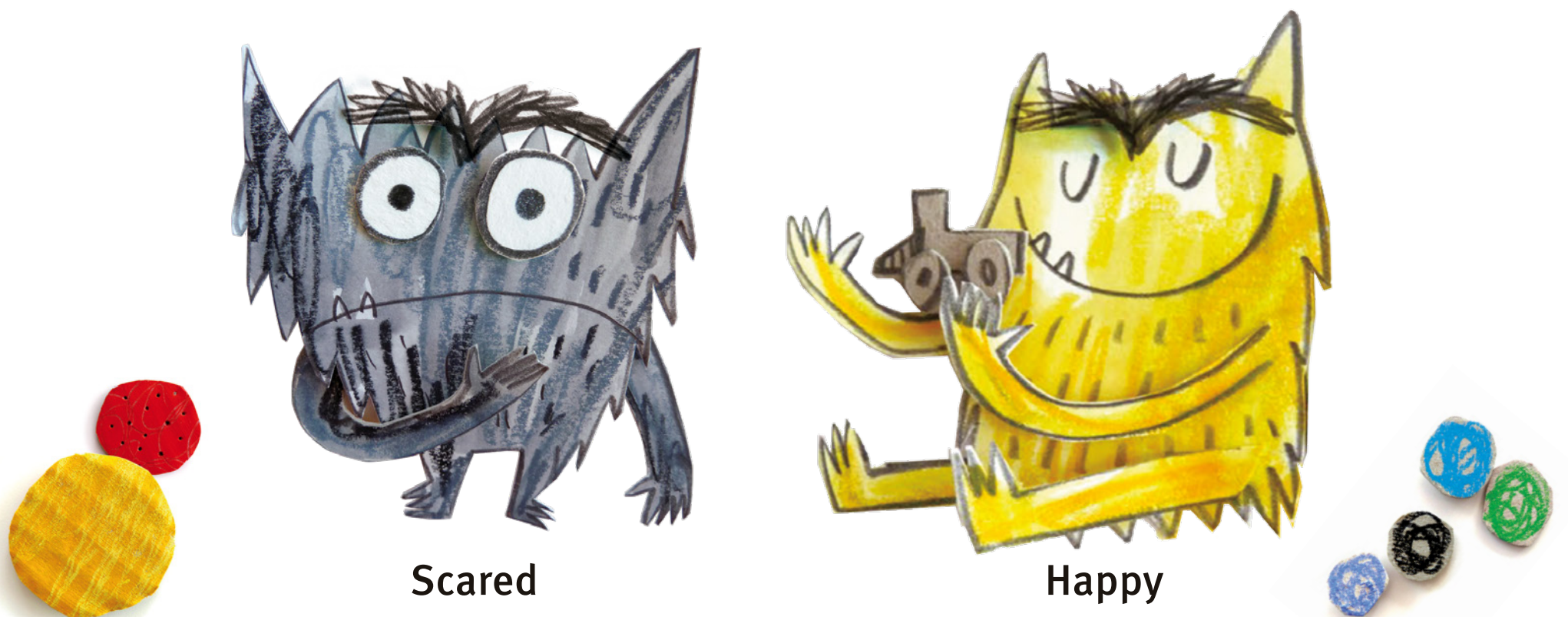
How are you feeling today?



Angry

Calm

Sad

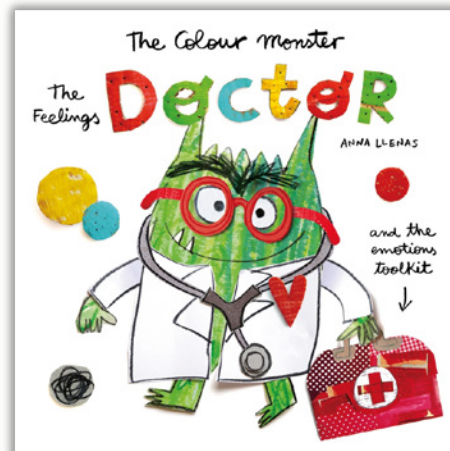
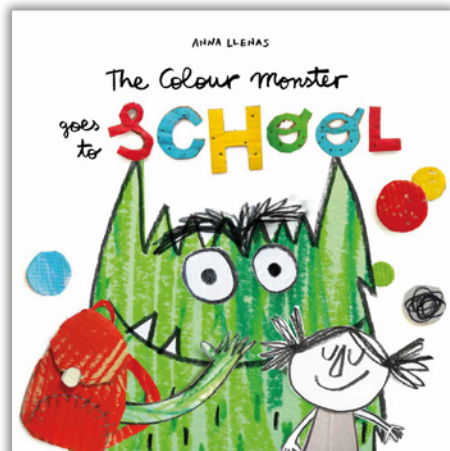


Scared

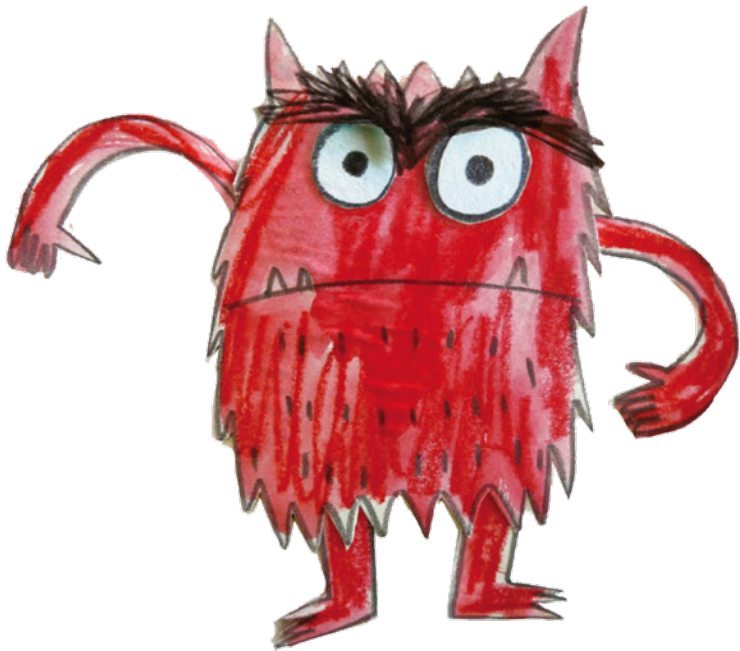
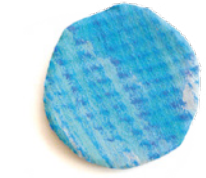
Happy

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How are you feeling about starting school?



Angry



Calm



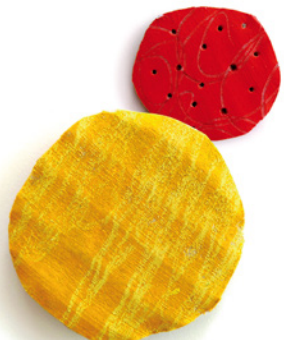
Sad



Scared

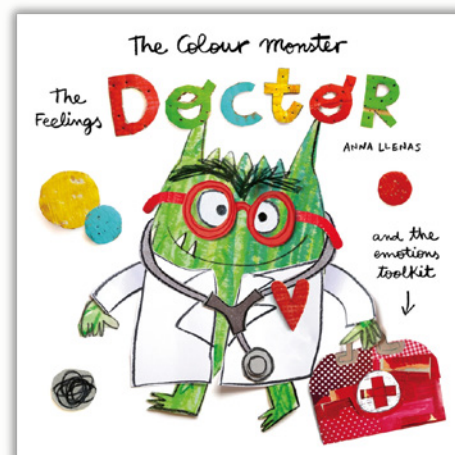
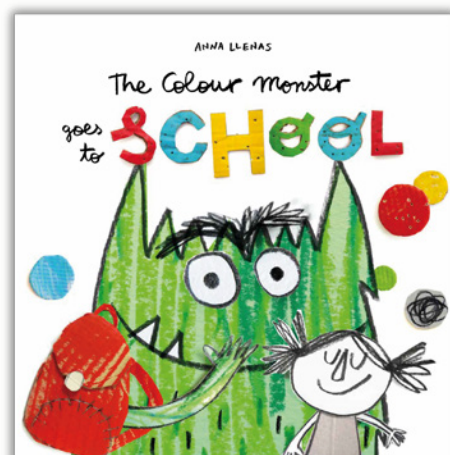


Happy



The Colour Monster

ANNA LLENAS



Meet...

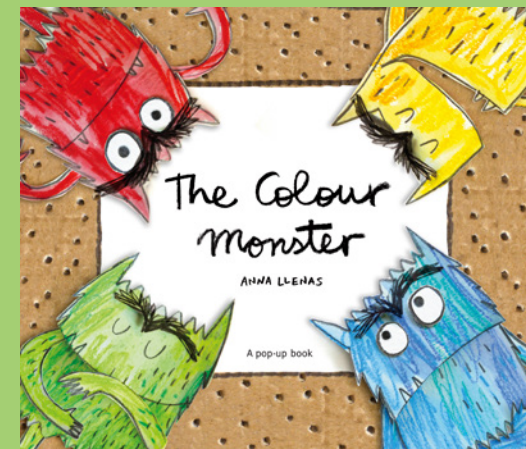
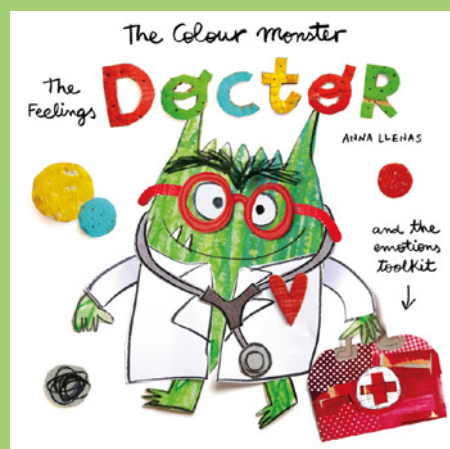
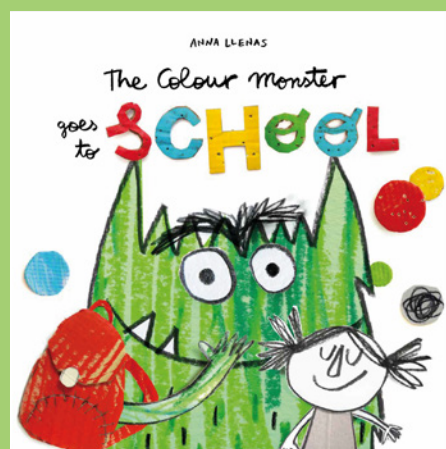
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What's in your emotions toolkit?



A hug



Using modelling clay



Sharing your feelings
with others



Spending time
in nature



Putting your worries in
a worry jar



Spending time
in nature



Doing yoga



Painting with
watercolours



Writing in your
diary



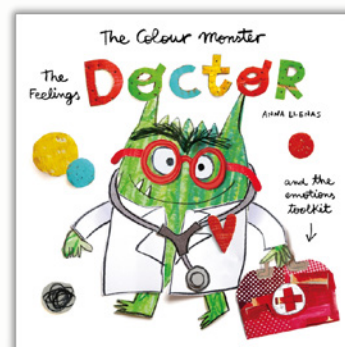
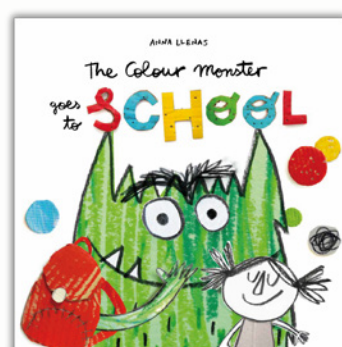
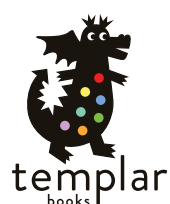
A soft blanket



Sensory bottles



Moving your body



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