



**My head is full of questions but my heart is full of feelings. Color or circle the words that describe your feelings or add more words around the heart if you don't see the words that describe how you are feeling.**

---

**Sometimes I feel small and like I can't help what is happening. Draw a time where you felt like this.**

A large, empty rounded rectangular box with a blue border, intended for a drawing. The box is positioned below the text and occupies the lower half of the page.