


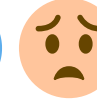
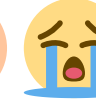



TODAY I'M FEELING...       

WHAT'S THE MATTER?

What THEY think...

Anger	Sadness
Loss	Self-esteem
Confidence	Behavior
Worries	School
Friends	Family
Bullying	Eating
Other: _____	

The ACTUAL matter...

Blank space for writing the actual matter.

The MATTER is...

 1 2 3 4 5 6 7 8 9 10 

Ways I WANT to work on the MATTER...

Games	Music	Movement	Skill-Building
Crafts	Mindfulness	Drawing	Videos
Play	Talking	Art	Visualization
Books	Writing	Stories	Characters
Puppets	Coloring	Sensory	Sandtray