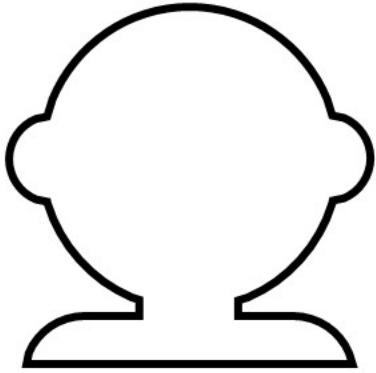


TALKING ABOUT YOUR FEELINGS



Talking about your feelings can be helpful to your wellbeing. When you keep your feelings inside and don't talk about them then it can make you feel so much worse. Sharing your feelings can be like a huge weight has been lifted from you. Draw your facial expression and write at the side of it who you might talk to.

A large, empty rectangular box with a light green border, intended for writing the name of the person to talk to.A large, empty rectangular box with a light green border, intended for writing the name of the person to talk to.A large, empty rectangular box with a light green border, intended for writing the name of the person to talk to.

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