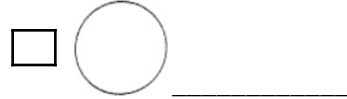
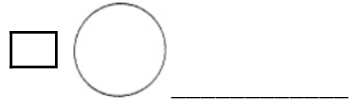


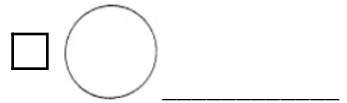
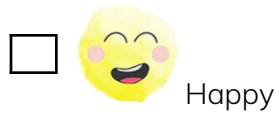
How I'm Feeling & What I Need

I'm Feeling...



I'm feeling _____ when _____

I want to feel...



I Think I Need...

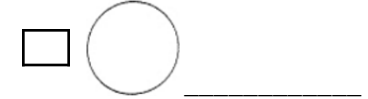
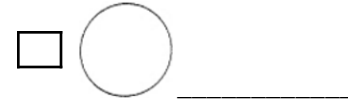
- ☐ Time alone with God
- ☐ Time alone with Mom or Dad
- ☐ Time alone with sibling or pet
- ☐ To talk about it
- ☐ My stuffy

Before I leave my room:

Pray
Take some deep breaths
What does God want me to do?

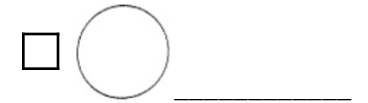
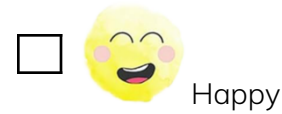
How I'm Feeling & What I Need

I'm Feeling...



I'm feeling _____ when _____

I want to feel...



I Think I Need...

- ☐ Time alone with God
- ☐ Time alone with Mom or Dad
- ☐ Time alone with sibling or pet
- ☐ To talk about it
- ☐ My stuffy

Before I leave my room:

Pray
Take some deep breaths
What does God want me to do?

☐ To eat something	Remember that God loves me! Go make things right ☺
☐ Some quiet time reading/playing by myself	
☐ Something else: _____	

☐ To eat something	Remember that God loves me! Go make things right ☺
☐ Some quiet time reading/playing by myself	
☐ Something else: _____	