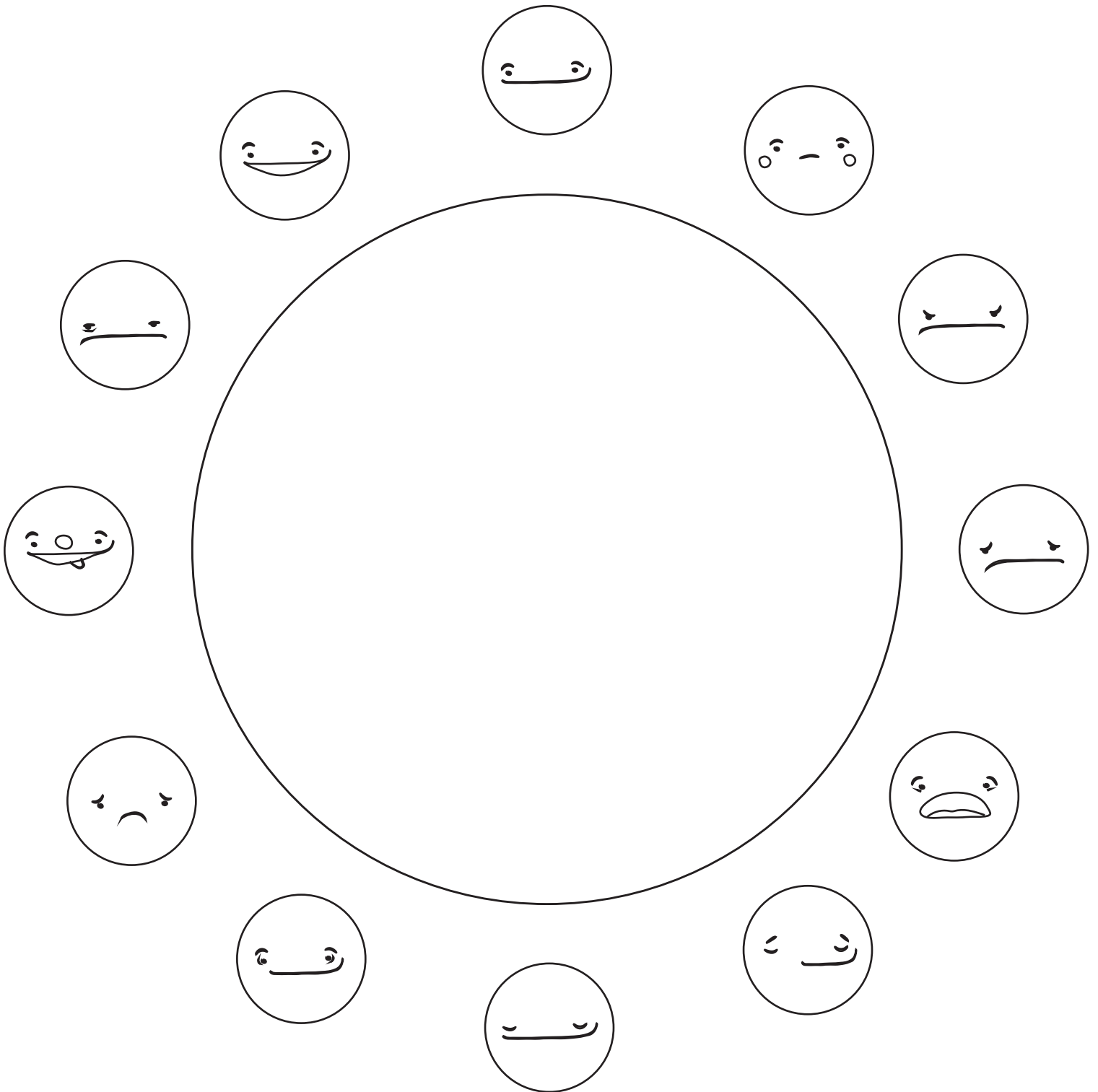


I Feel;

- Reflect on your current emotions and identify which ones you are experiencing.
- Draw your emotions in the provided space.



I Am Feeling - Emotions: Reflecting on and acknowledging your emotions is a mindfulness practice that helps you become aware of your inner state without judgment or attachment.