



THE HEALING SANCTUARY HUB

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FEEL BALANCED. FEEL RESTORED. FEEL YOU AGAIN.

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My Feelings Check-In

There is no right or wrong feeling. Let's notice what's happening inside.

How am I feeling today?



Happy



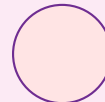
Calm



Worried



Sad



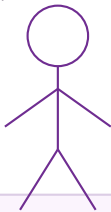
Angry



Tired

Where do I feel it in my body?

You can colour, circle or draw.



What could help me right now?

☐

A cuddle

☐

Talk to someone

☐

Move my body

☐

Draw or colour

☐

Quiet time

☐

Slow breaths

☐

Have a drink

☐

Favourite toy

One thing I want a grown-up to know

Write it, draw it, or ask an adult to help.
