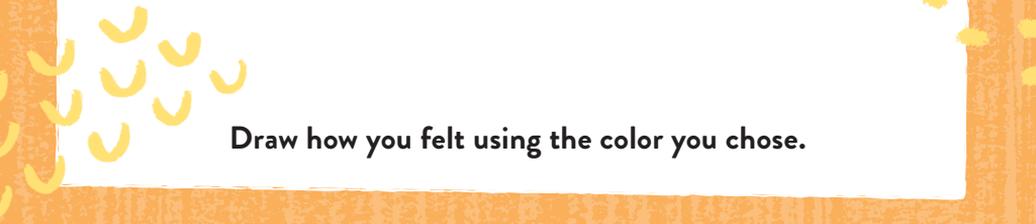


When you feel sad, what color do you think of? \_\_\_\_\_

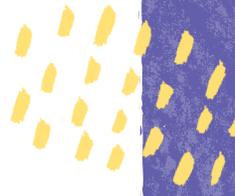
\_\_\_\_\_ made me feel sad recently.



Draw how you felt using the color you chose.

When I feel sad, \_\_\_\_\_

\_\_\_\_\_ makes me feel better.



**Draw something that cheers you up,  
using a color that makes you feel cheerful.**

When you feel angry, do you see or feel a certain color?

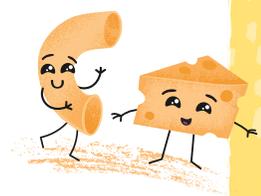
What color is that? \_\_\_\_\_

I felt angry when \_\_\_\_\_ .

Draw it using a color that represents anger for you.

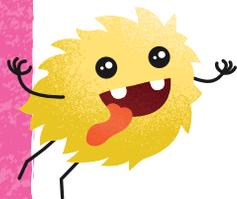
When I feel angry, \_\_\_\_\_

\_\_\_\_\_ makes me feel calmer.



Draw something that calms you down, using a calming color.

I feel worried when \_\_\_\_\_.



Draw what makes you worried  
in a color that works with that worry.

When I feel worried, \_\_\_\_\_  
\_\_\_\_\_ makes me feel better.

Using a helpful color, draw something  
that helps you stop worrying.