

Sometimes, we are scared to talk about our feelings. For those days you can write them down on a sheet of paper or in a diary. You can also draw your feelings (how they look to you) or record them on a voice recorder.

Here are some prompts for you: -

How do I feel today?

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What is different today?

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What is same today as yesterday?

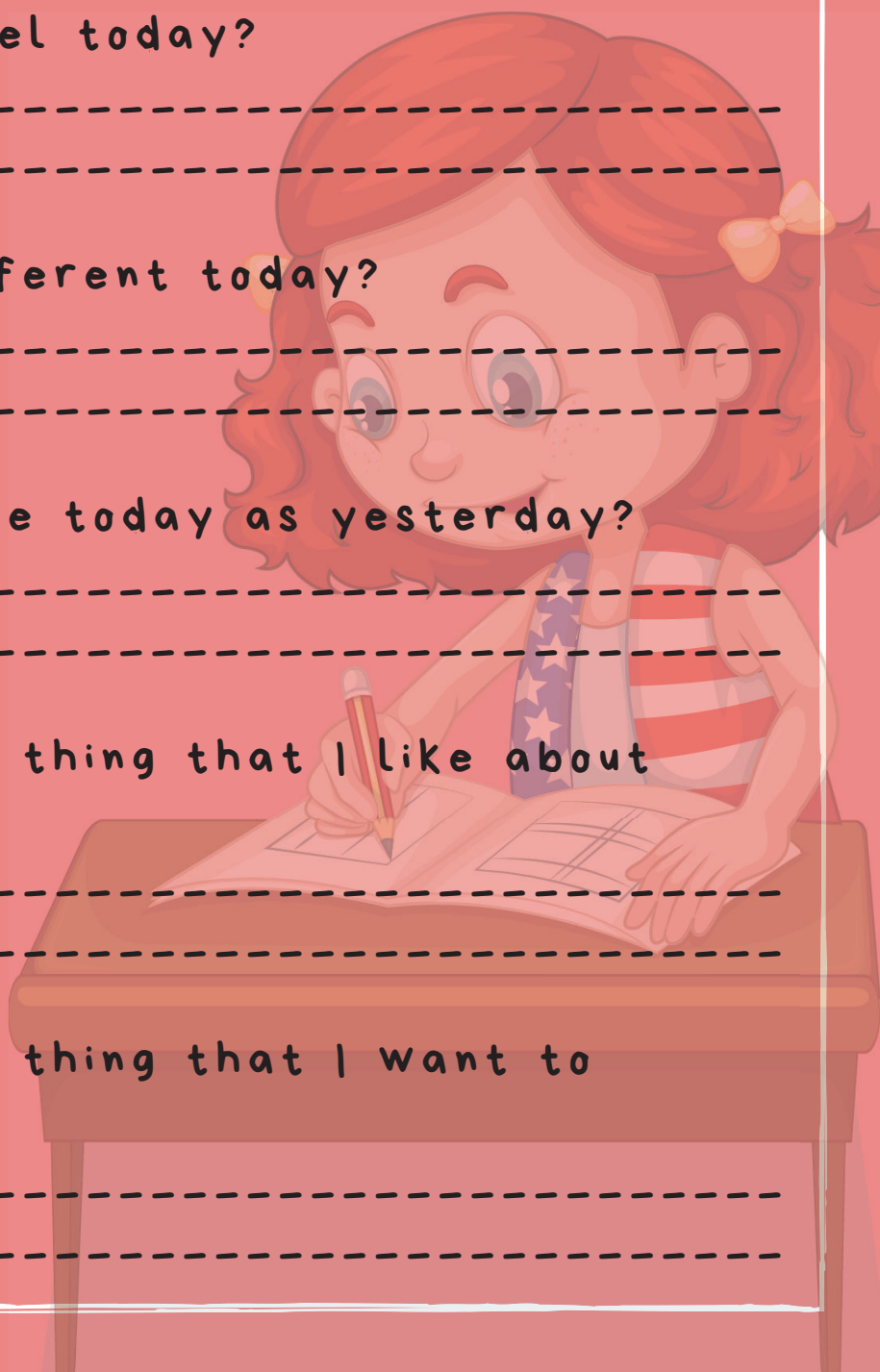
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What is one thing that I like about today?

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What is one thing that I want to change?

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How does your Villain mind look?  
Draw and you can use colors.

What does your Hero mind look like?  
Draw and you can use colors.