



Feel it Together



1. How do you use Feel it Together?

Practice, then draw a picture of yourself using it!

1. Pay attention to feelings that are heavy.	
2. Share those feelings with someone you know.	
3. Notice if sharing helped those feelings be lighter.	

2. How do you feel after using Feel it Together?

Circle the cloud that best matches.



3. When could you use Feel it Together to help you feel your best self?

Draw or write your ideas.