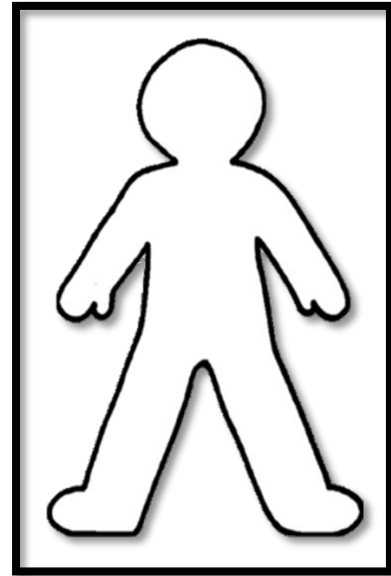
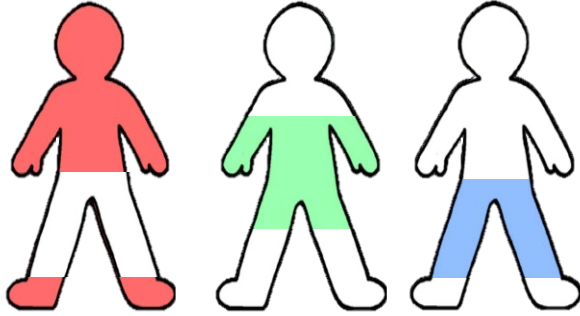


Check In With Myself

1. THE ENERGY IN MY BODY:

My braindrops are/were here.



Color or Draw

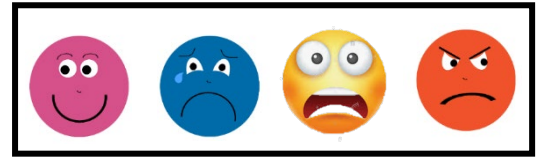
A word that describes how my body feels is _____

2. MY BRAIN:

This part of my brain is/was in charge:



3. MY FEELINGS:



I am/was feeling?

4. I need: