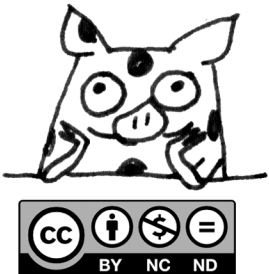


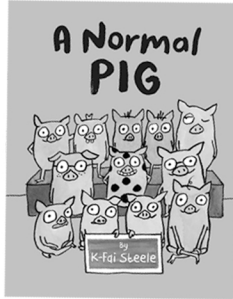


This week I felt a lot of feelings! Here are a couple of things I remember happening: _____

All of your feelings are OK to have, even "sad," "angry," or "lonely." Lots of people are feeling the same thing as you! Share this with an adult you trust, or have them fill one of these out during the week with you!

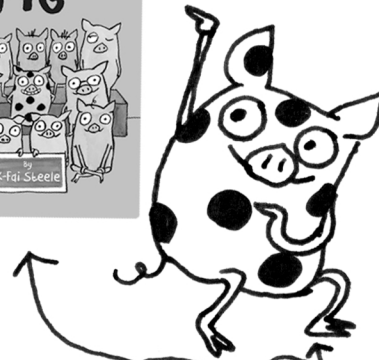


K-Fai Steele
2020



A NORMAL PIG

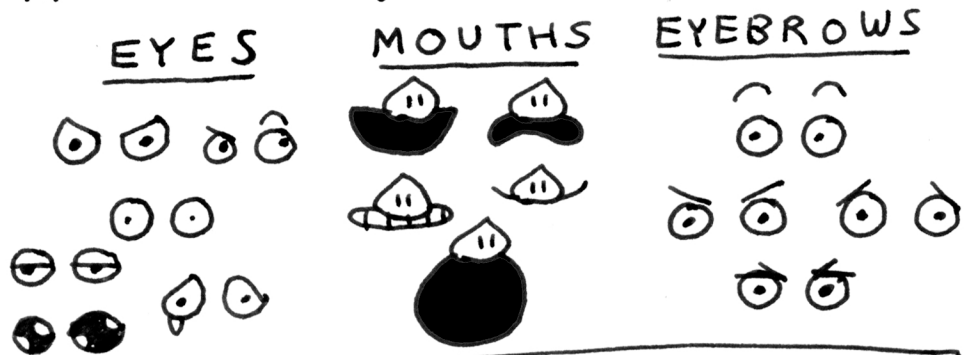
by K-Fai Steele



In this book Pip feels a lot of different emotions over the course of a day. You're probably feeling a lot too!

LET'S DRAW THEM!


When I'm drawing emotions I think about the character's eyes, mouth, and eyebrows:



Write down some of the emotions you feel during the day:

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THE EMOTIONS I FEEL DURING THE WEEK

HANG THIS UP! 

bored



✓ ✓ ✓ ✓ ✓ ✓ ✓

← Write the emotion here

← Draw the emotion here. Use last week's zine to draw Pip, or draw yourself, another animal, etc.

← put a checkmark every time you feel this feeling.
