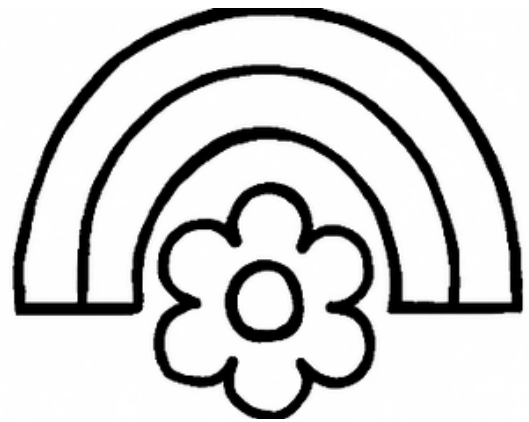


MINDFUL MOMENTS

Emotional Awareness



What color
is your
mood today?
Why?



If your feelings were
weather, what would today be
—sunny, cloudy, stormy?

What's one feeling
you had today,
and what helped
you handle it?

