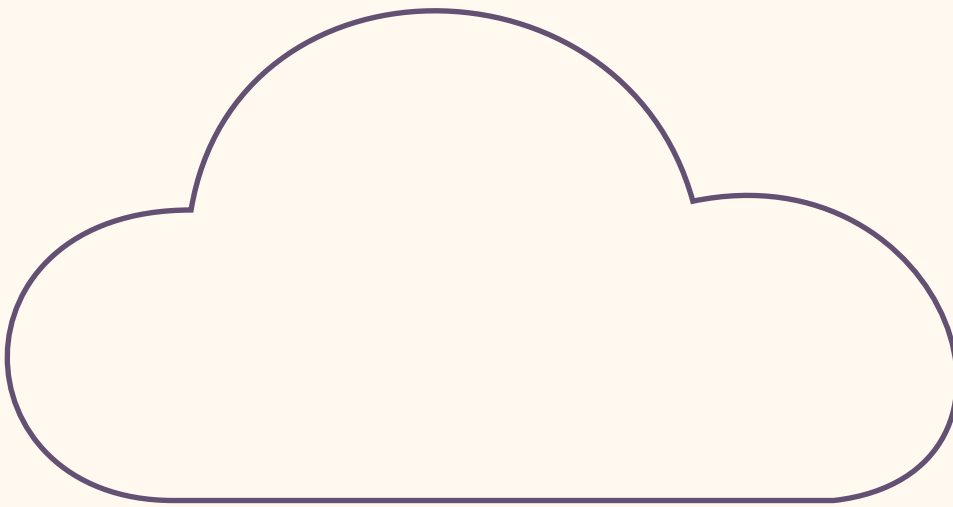


My Little Cloud

Draw colours, shapes or words for anything that has been collecting. You may leave it blank.



What has been collecting?

There is no need to explain it all

Your drawing can stay private. A grown-up can offer choices: words, movement, quiet, company, water, a practical task or another idea.

What is my body saying?

Circle, colour or add your own. Bodies communicate in different ways.

TUMMY

wobbly · tight · fluttery · sore

HEAD

busy · foggy · hot · noisy

HEART

fast · heavy · jumpy · warm

HANDS & BODY

tight · shaky · still · ready to move

One sentence to borrow

"Lots of things have piled up. Please stay with me while I work out what I need."