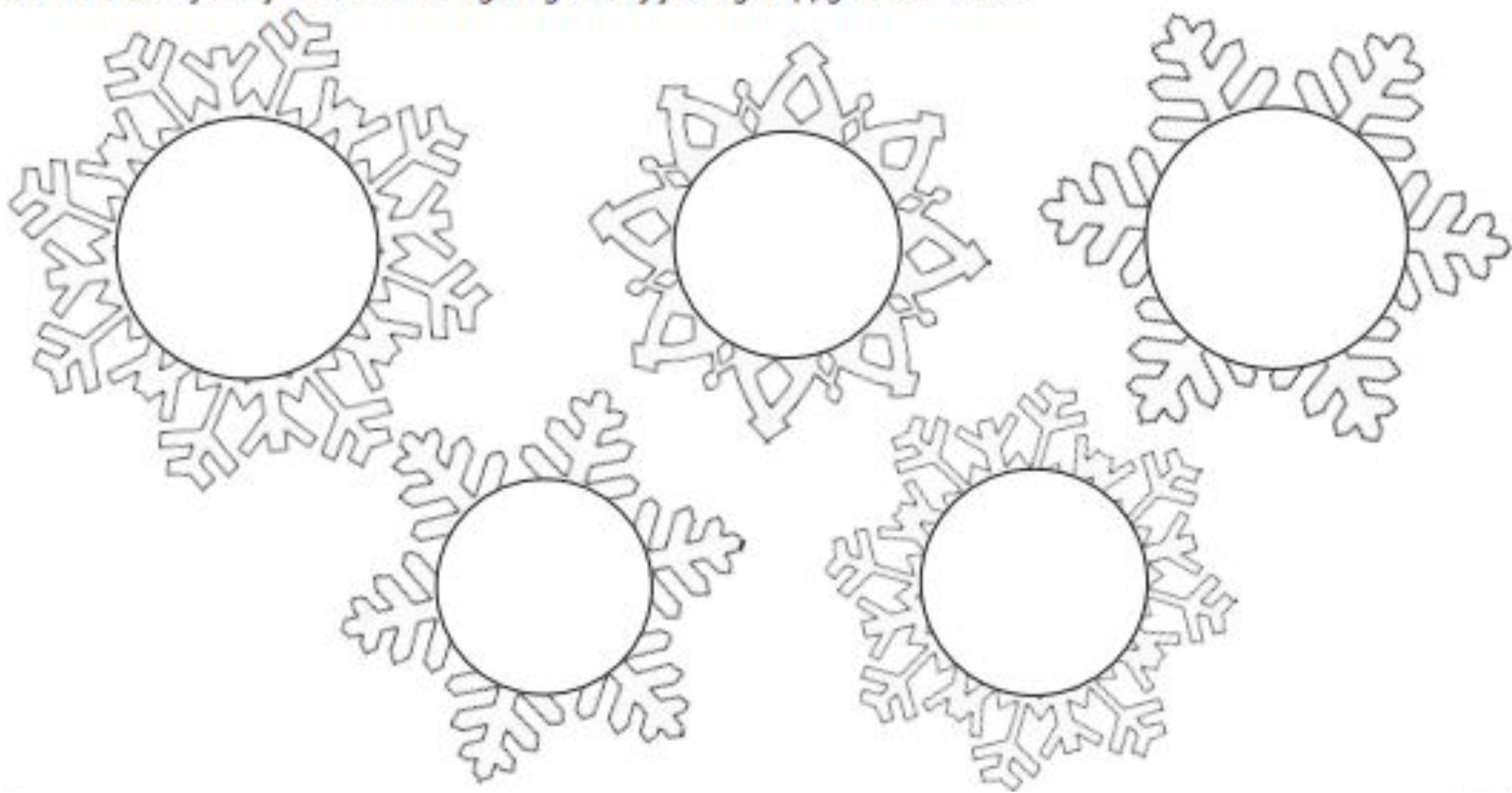


Let It Go!

In each snowflake, draw or write something that makes you angry. Imagine that your anger is melting away as each snowflake falls down. Imagine yourself feeling happy and relaxed.



I Am Happy When...

Draw a picture of something that makes you happy in each cloud. As you draw, feel yourself floating with the clouds, happy and relaxed. In the sun, draw a picture of you when you're happy.

