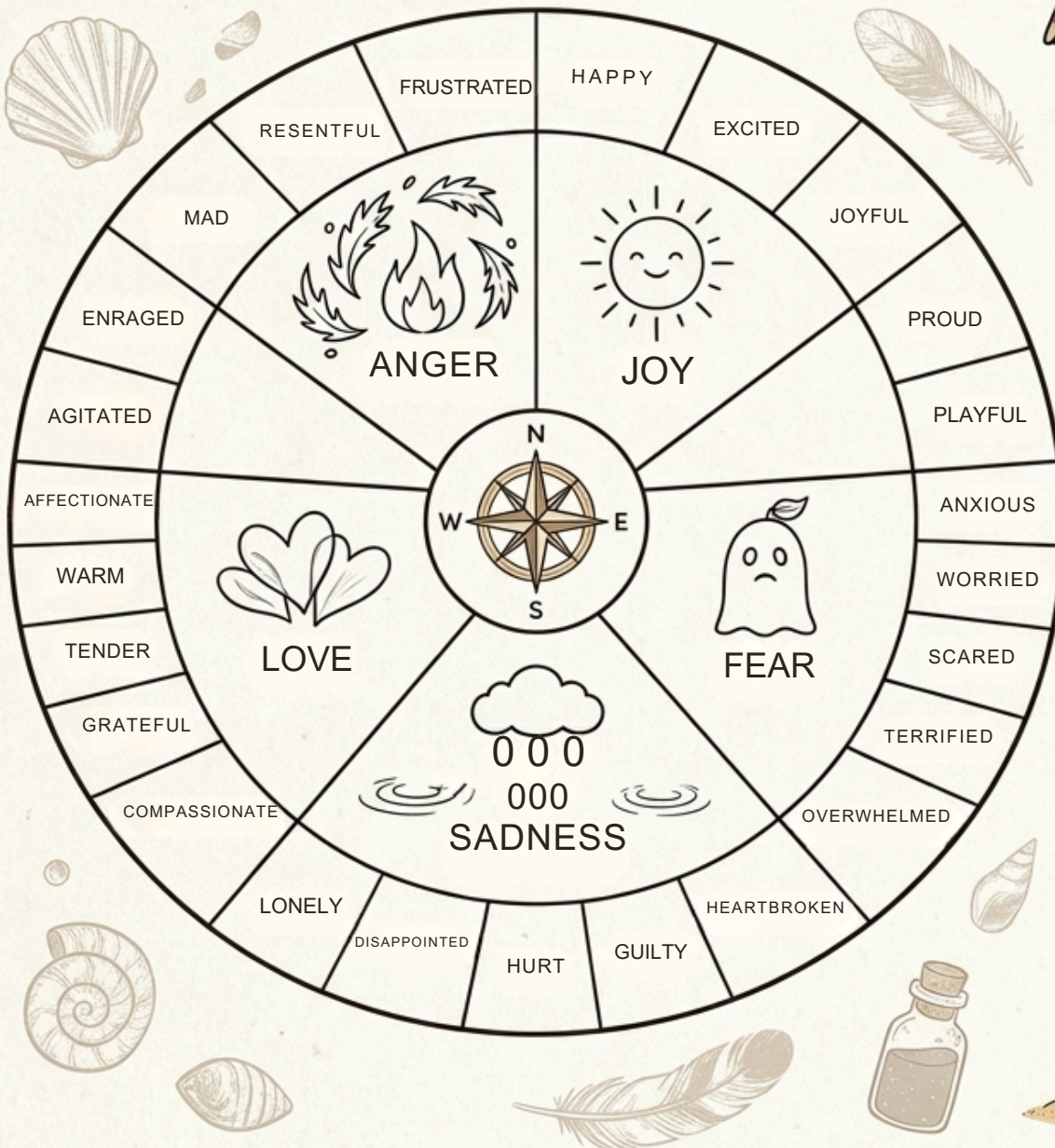


MY FEELING COMPASS:

COLORING MY INNER LANDSCAPE

Our inner world is constantly changing, much like the shifting tides and rustling bushlands. If you're feeling a whole forest of emotions right now, use this compass to pinpoint exactly where you're standing. Take a mindful breath, choose a colour that matches your internal weather, and shade it in. There is no right or wrong way to feel—every emotion is just a natural part of your landscape, as unique as a seashell



COASTAL FEELINGS

Which feelings felt the biggest today?
What colour is it?

What kind of gentle support do I need right now?. (e.g., a cuddle, a quiet space, a fun challenge!)

PEBBLE-COLOURS



Fiery Mad



Calm Mind



Sunny Joy



Tender Heart



Cool Sadness



Earth-Hurt



Storm Worry

THERE'S NO RIGHT OR WRONG WAY TO FEEL

