

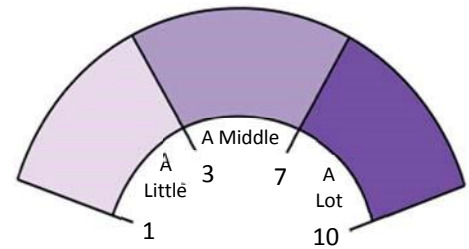
Child Name: _____

Caregiver Signature: _____

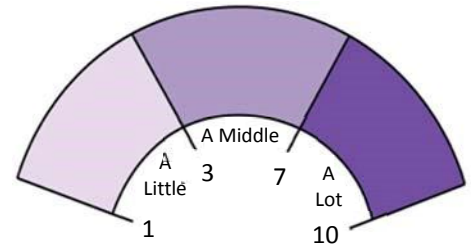
Home Activity: Light and Heavy Feelings

Tell about times this week when you had a heavy feeling and a light feeling. Make sure you practice relaxing your body, too. Caregivers, help your child with writing words if that makes things a little easier.

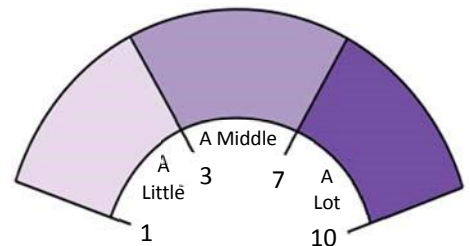
Draw a picture or write of a time you had heavy feelings this week. Make sure to tell the feeling word and make a mark on the Feelings Gauge to show how strong your feeling was.



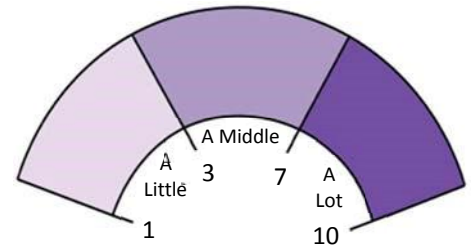
Draw a picture or write about how you relaxed your body to make your heavy feeling lighter. Make a mark on the Feelings Gauge to show how your feeling changed.



Draw a picture or write of a time you had a light feeling this week. Make sure to tell the feeling word and make a mark on the Feelings Gauge to show how strong your feeling was.



Draw a picture or write of a time you had a light feeling this week. Make sure to tell the feeling word and make a mark on the Feelings Gauge to show how strong your feeling was.



Keep practicing your belly breaths and muscle relaxers each day!