

My sadness is like _____

If it could be a color, it would be _____

If it was a creature, it would be _____

It makes me feel _____

My sadness is a part of me and it's ok that I feel this way.

But I know I can't feel this way all the time or my sadness will swallow me up. Expressing my happiness is just as important as expressing my sadness.

My happiness is like _____

If it could be a color, it would be _____

If it was a creature, it would be _____

It makes me feel _____

I let myself experience happiness by _____