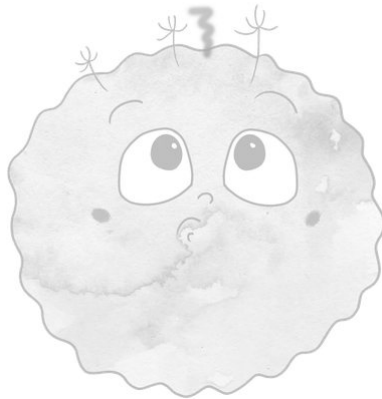


What am I feeling?

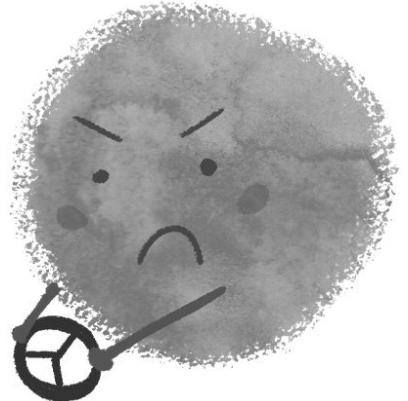
Point to the Foo who feels like you do right now. Every feeling is OK.



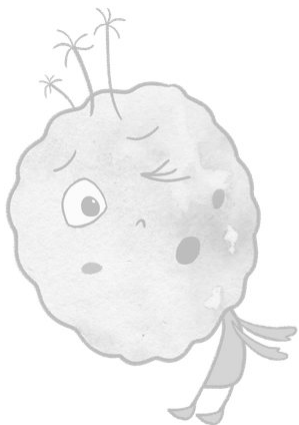
sad



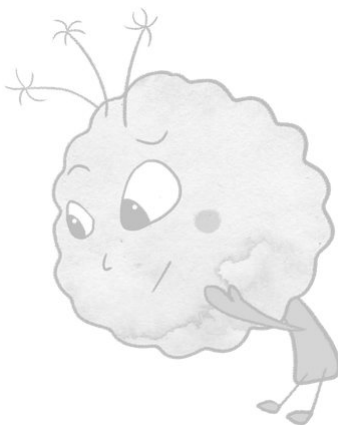
worried



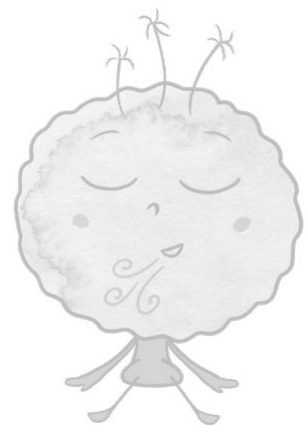
angry



disappointed



puzzled



calm



safe



happy



loved

“All we feel and experience is important and everything is needed!”

From the book