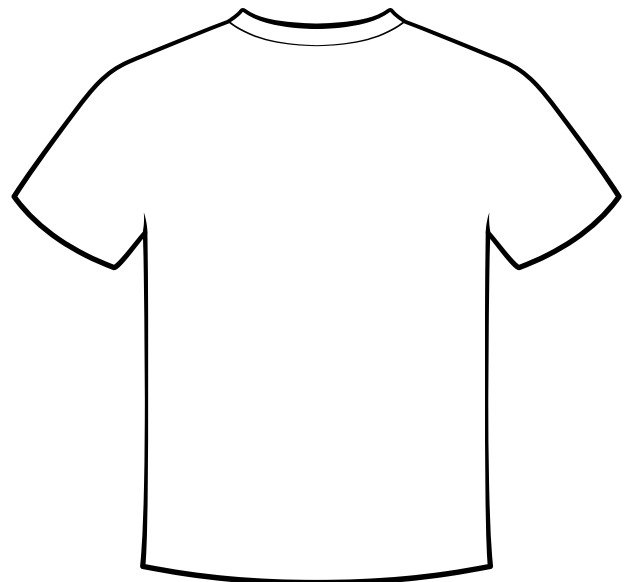
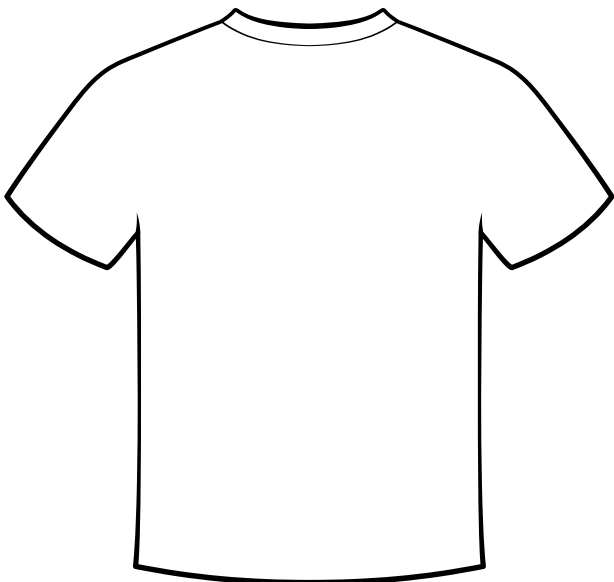
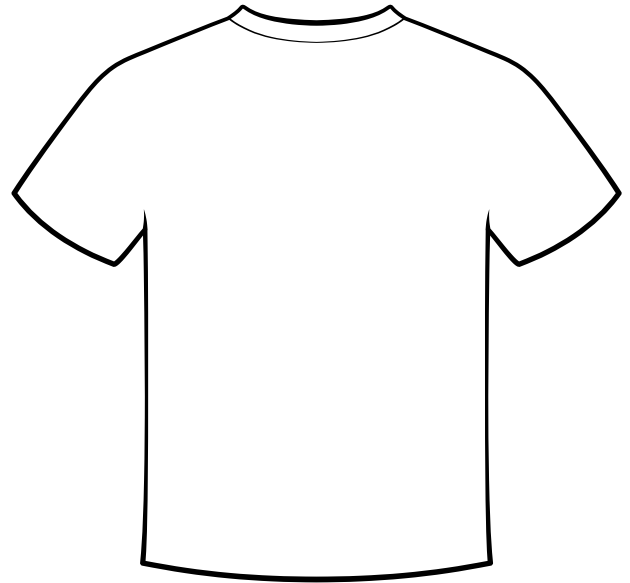
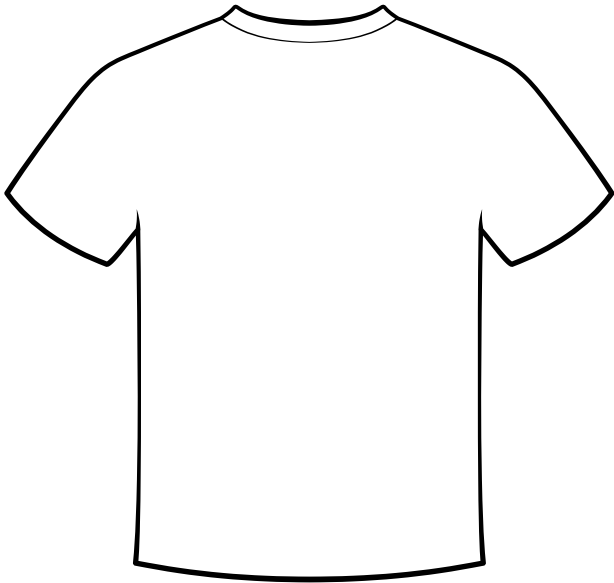


What would it look like if our feelings
were on the outside?

Instead of on the inside?



Choose up to 4 feelings and write one under each t-shirt. Decorate the t-shirt to show what YOU think that it's like to feel that way. You can use shapes, colours, patterns and symbols.

Remember, everyone feels differently so it doesn't have to look the same as anyone else's.

When we stop to think about how others
are feeling it reminds us to be kind.



How do we care for others?

How do we show kindness?

Care Instructions



In the care label write some of the things we can do to be kind.