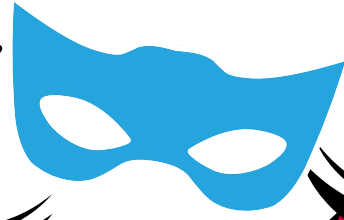
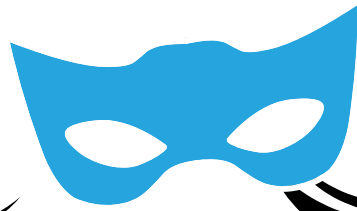


# FEELINGS TOOLBOX



# SUPER GUIDE



## MISSION OBJECTIVE

Strong feelings don't make you weak –they make you human. Talking about feelings helps you grow your inner strength. Heroes know how to ask for help and help others do the same!

## INSTRUCTIONS

You get to create your own feelings toolbox. Find five things in your life that calm you down or make you feel better and put or draw them in the toolbox. Finishing your toolbox will get you the Caring Hero Badge.