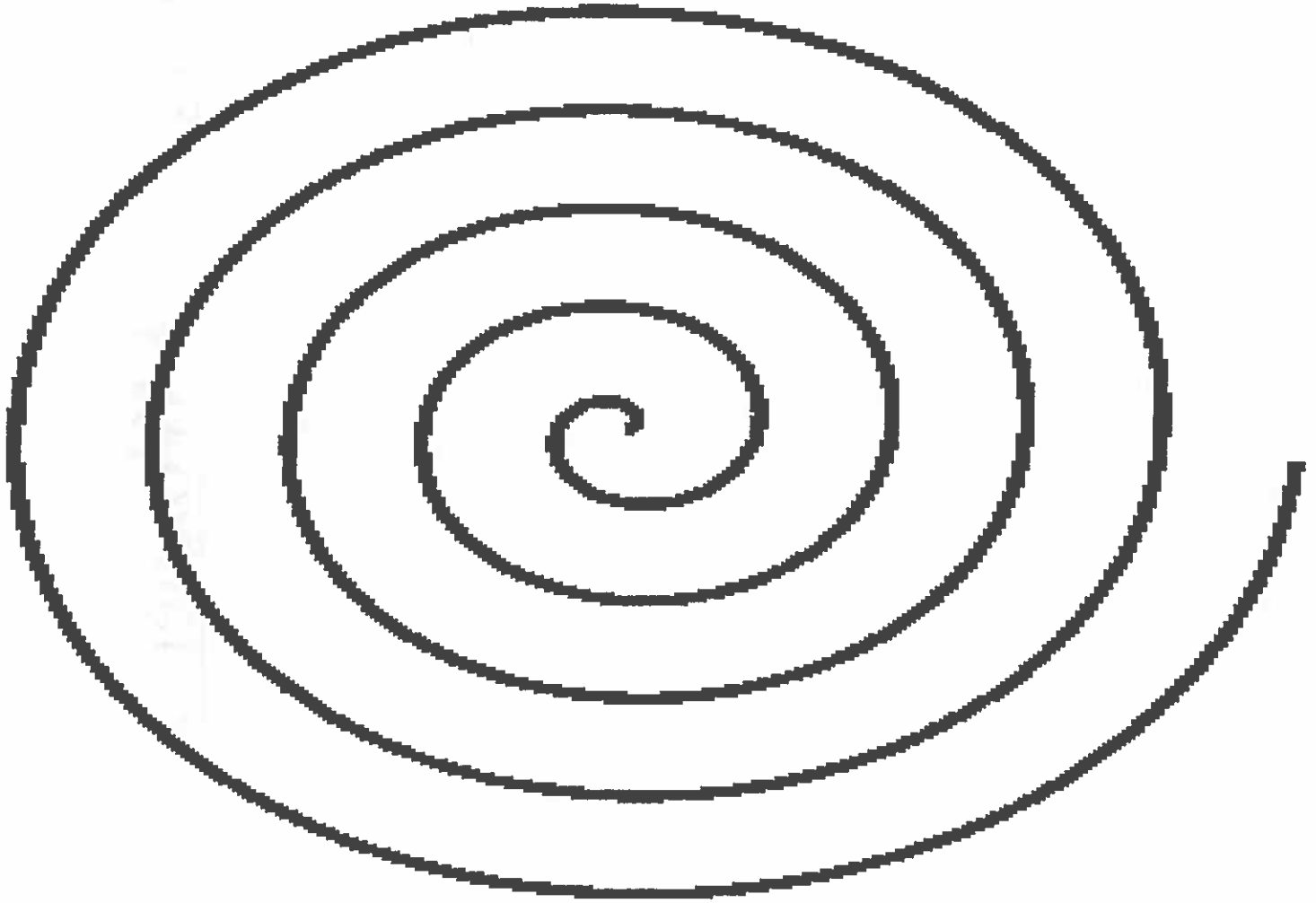
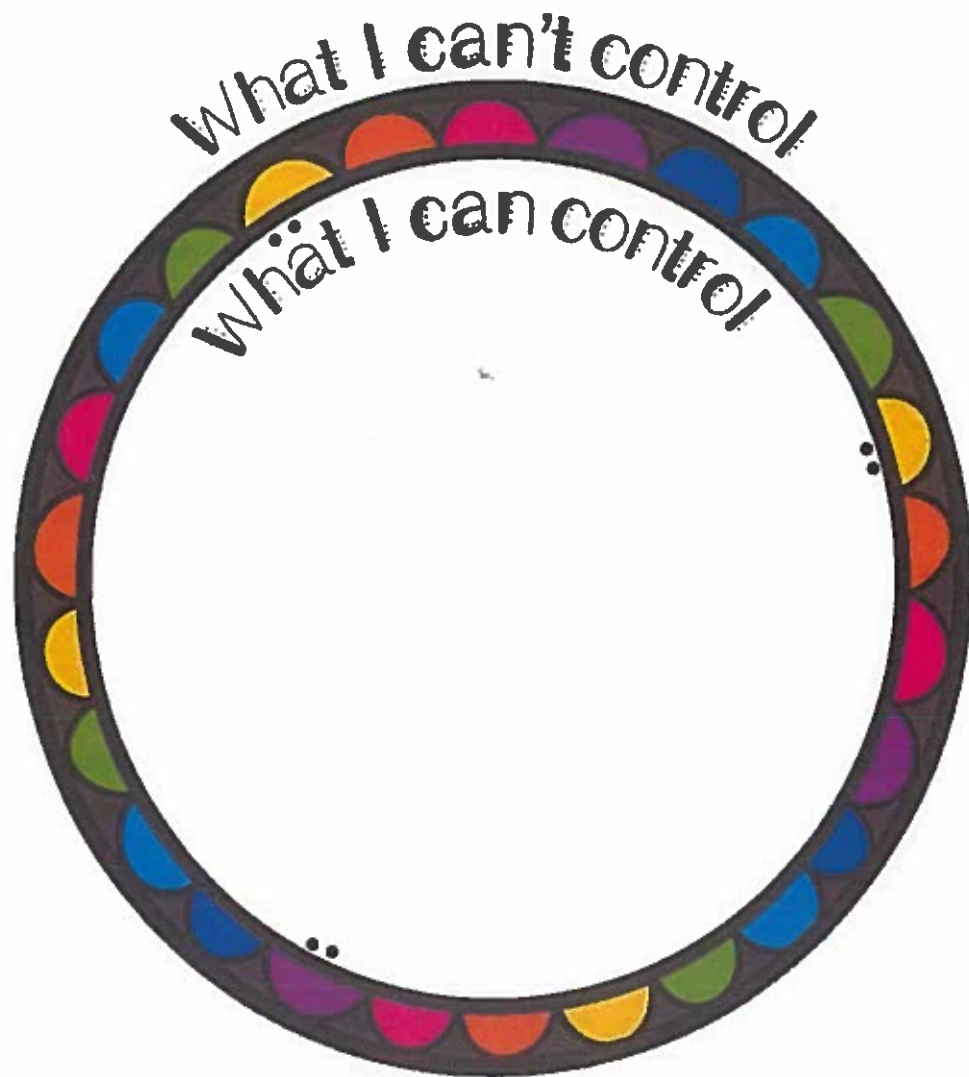


Feeling Out of Control




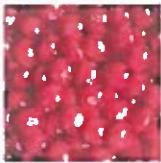


What helps me to regain control:

Circle of Control



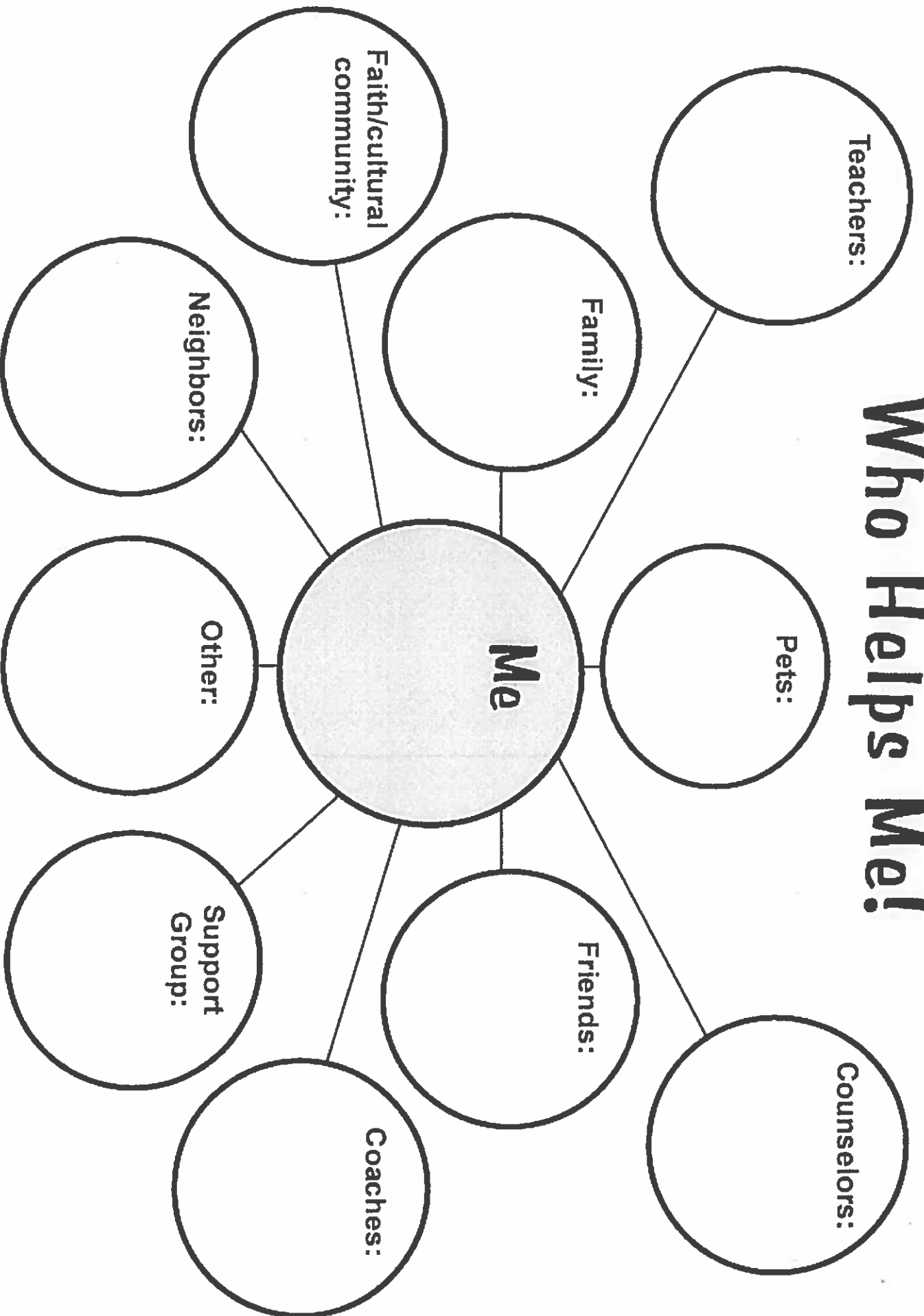
HOPE 4 HURTING KIDS

THE SKITTLES GAME

THE  FEELINGS GAME	
FOR EVERY	SHARE
Red	 _____ _____.
Orange	 _____ _____.
Green	 _____ _____.
Yellow	 _____ _____.
Purple	 _____ _____.

Inspired by: <http://radathome.blogspot.com/2013/11/m-feelings-activity.html?m=1>

Who Helps Me!



In the circles, write the name of those who support you and how they help.

Counting My Blessings!

It is easy to focus on the negative and not look at what we have to be thankful for.

