

Follow Your Rainbow

Multicoloured ME Heart Check in!

You may experience many shades of emotions one at a time, or all together like a rainbow. Connect to your heart and write about your emotions and how you feel.....



I feel love when...



I feel strong when...



I feel joy when...



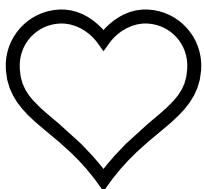
I feel curious about...



I feel calm when...



I feel special when...



I feel...(what did you feel that isn't on this list)
What colour is that feeling?



Keep learning, loving, and shining all of your colours bright!

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