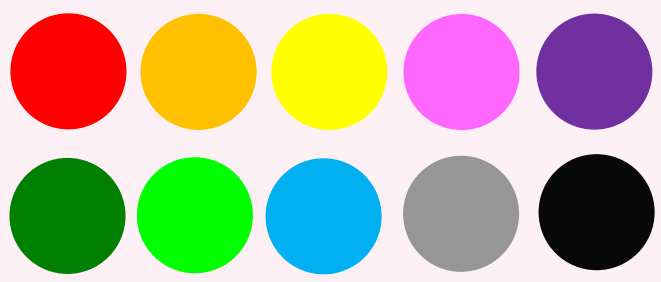




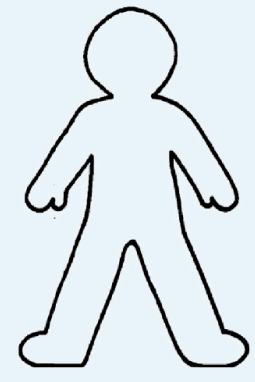
biblic

How are you feeling today?

What colour is your feeling?

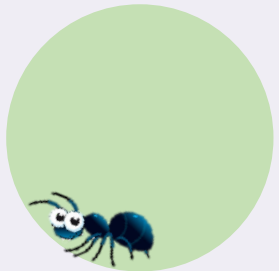


Where do you feel this feeling in your body?



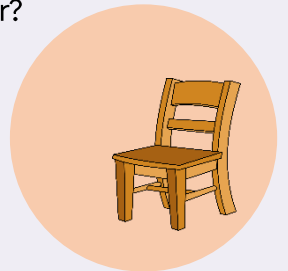
How big is your feeling?

Does it feel as *BIG* as a mountain?



Does it feel as *SMALL* as an ant?

Or does it feel *MEDIUM-SIZED*, like a chair?



If you could touch your feeling, how would it feel?

Spiky?

Flat?

Wobbly?

Bumpy?

Swirly?

Hard?

Soft?

What else would you like to say about your feeling?