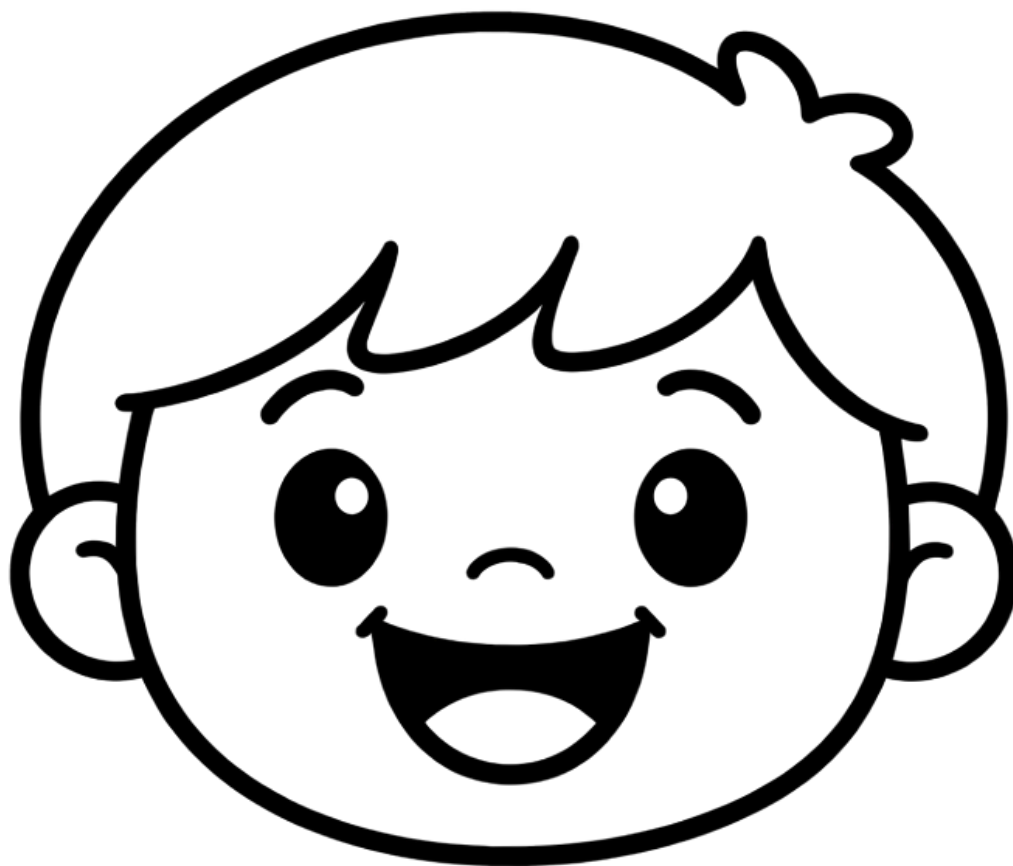


Dotty Moo

Colouring Pack



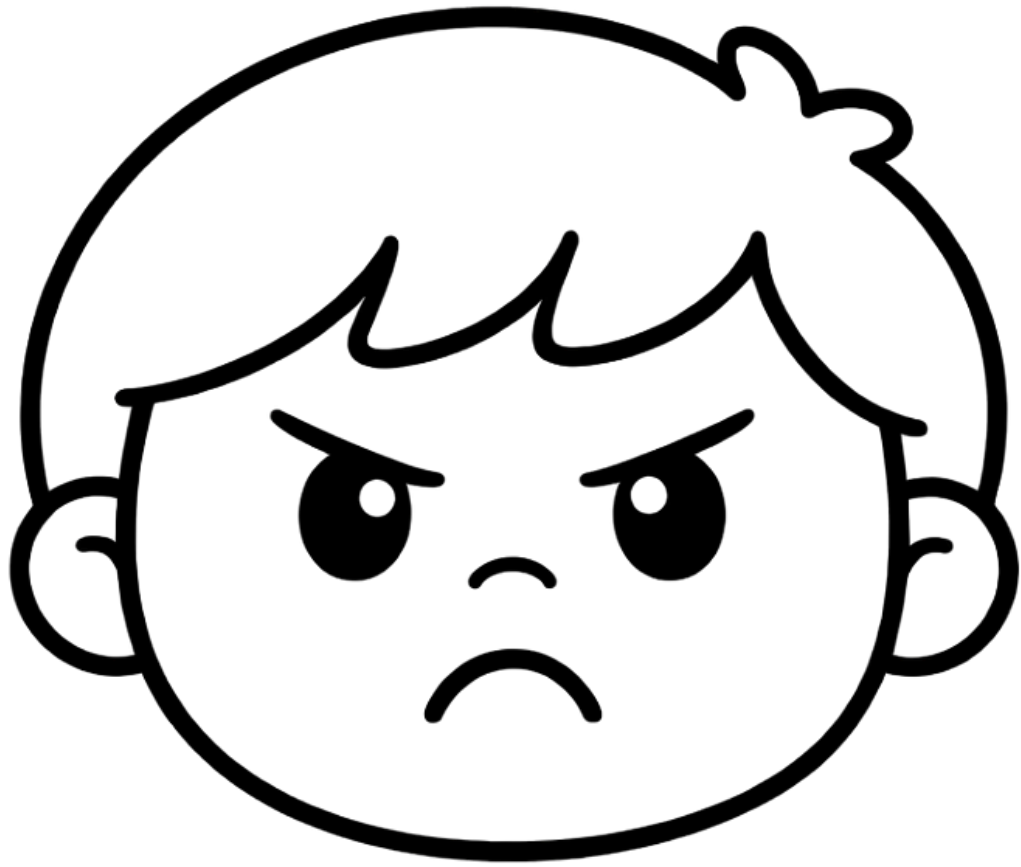
EMOTIONS & FEELINGS



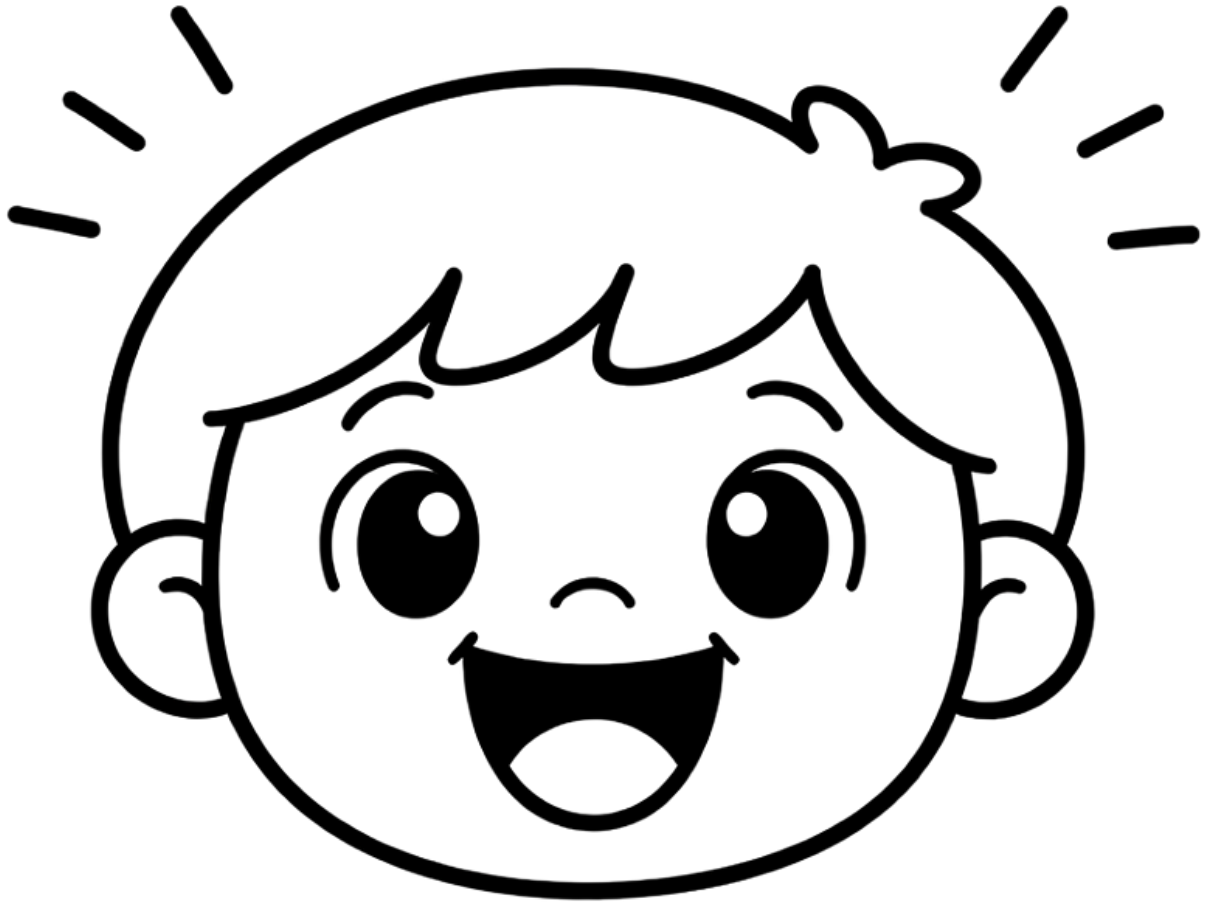
Happy



Sad

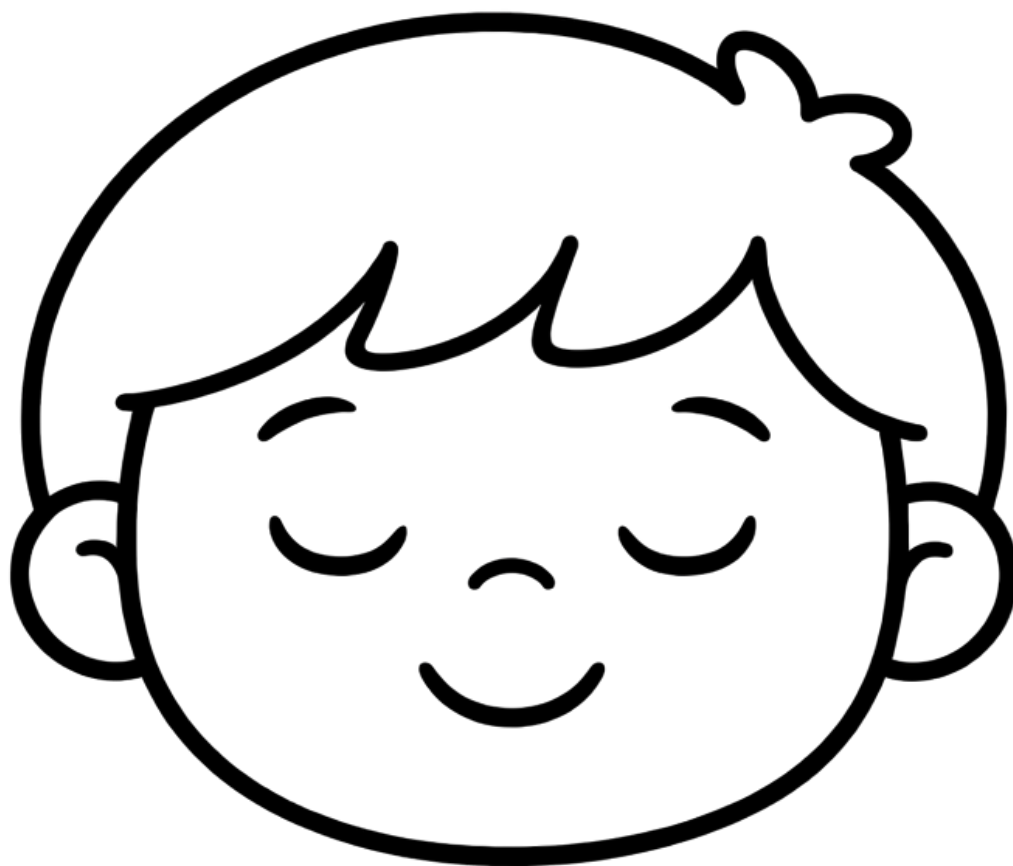


Angry



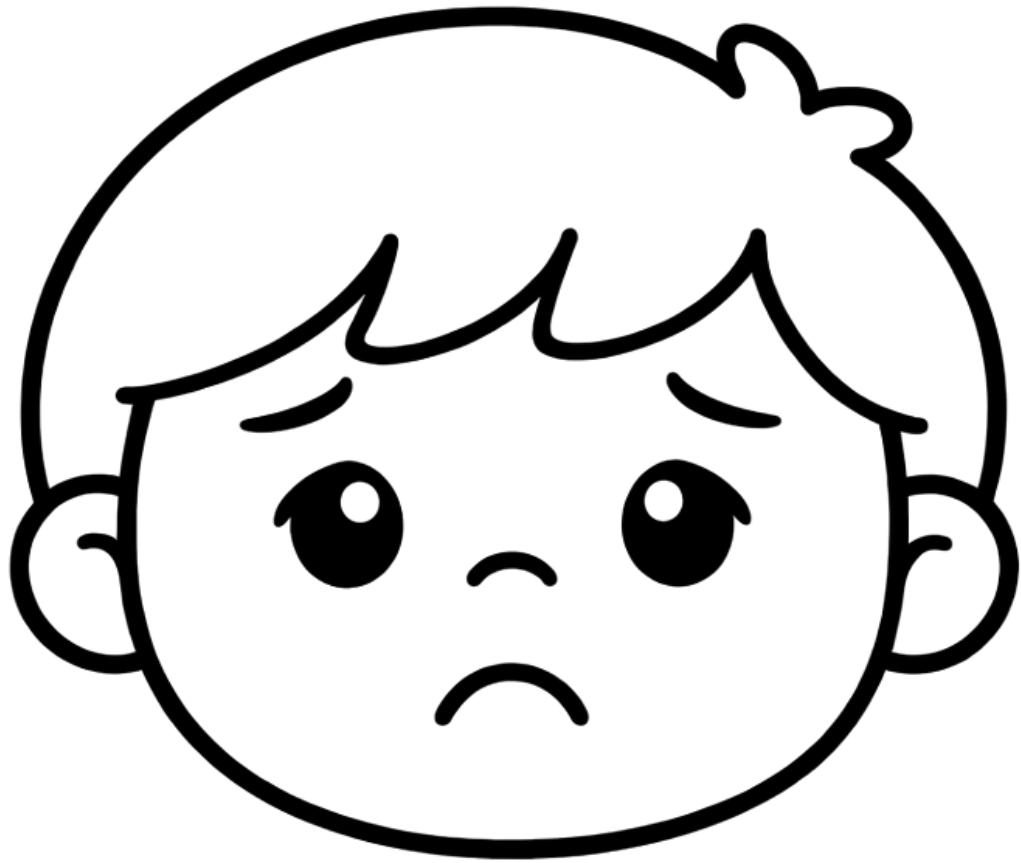
Excited



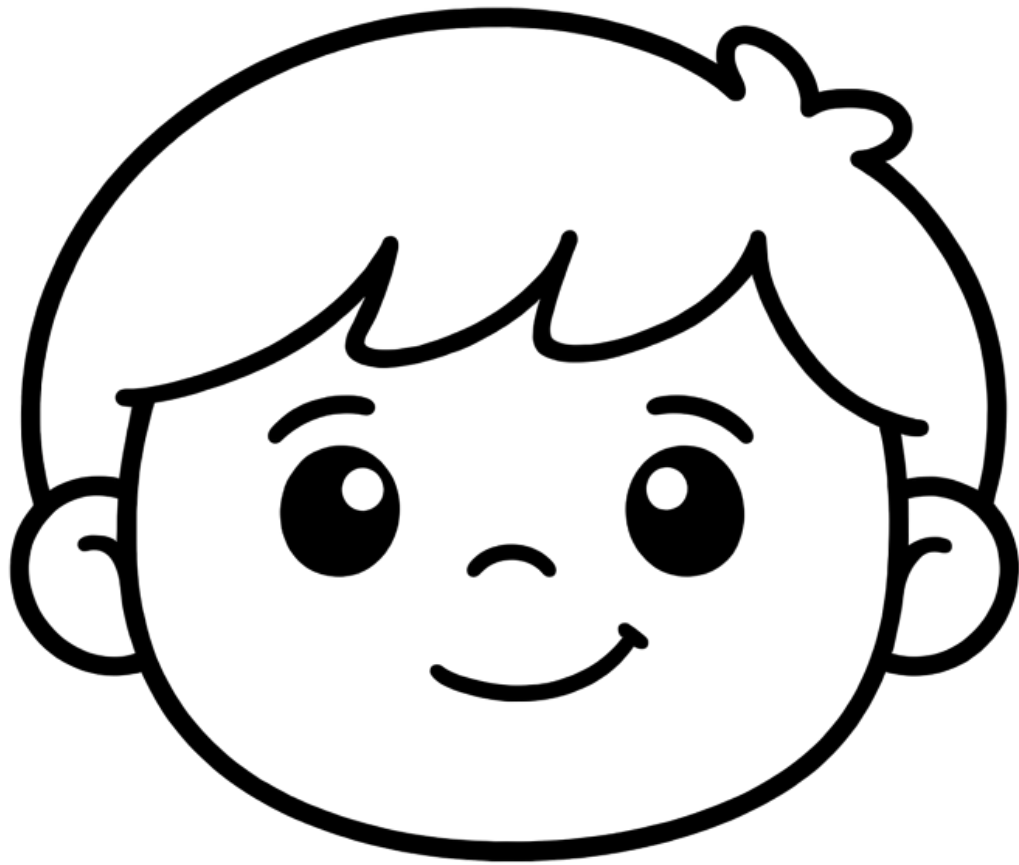


Calm

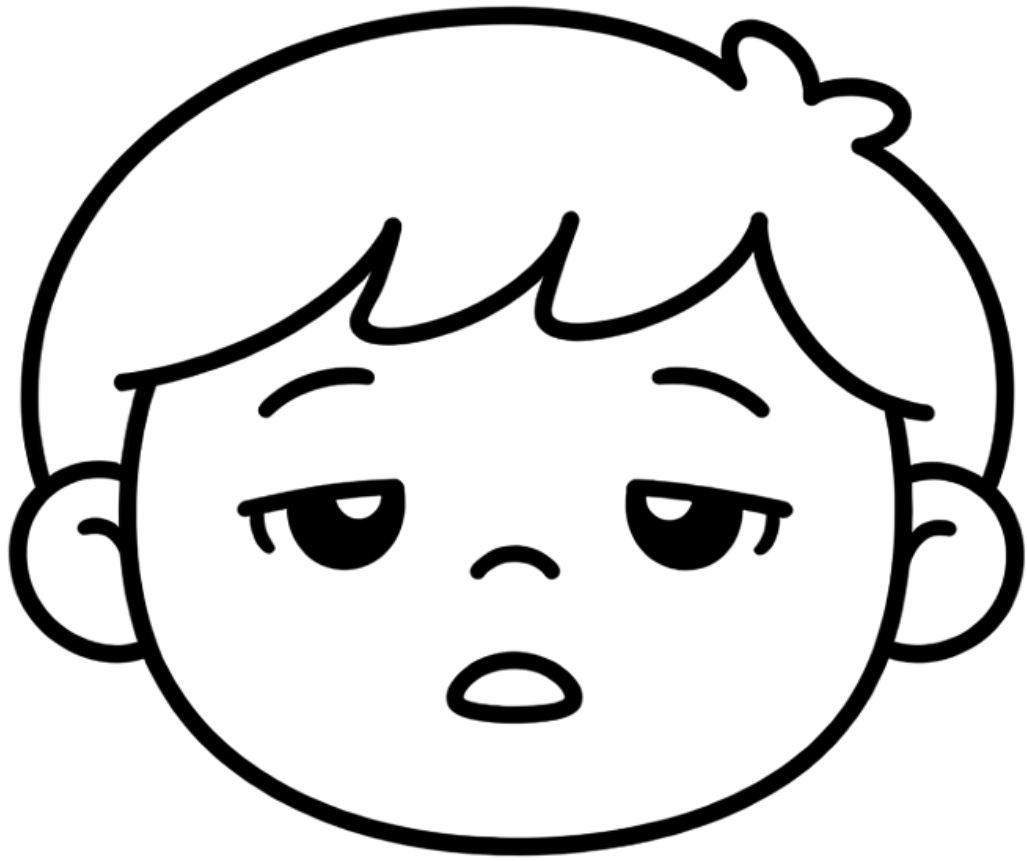




Worried

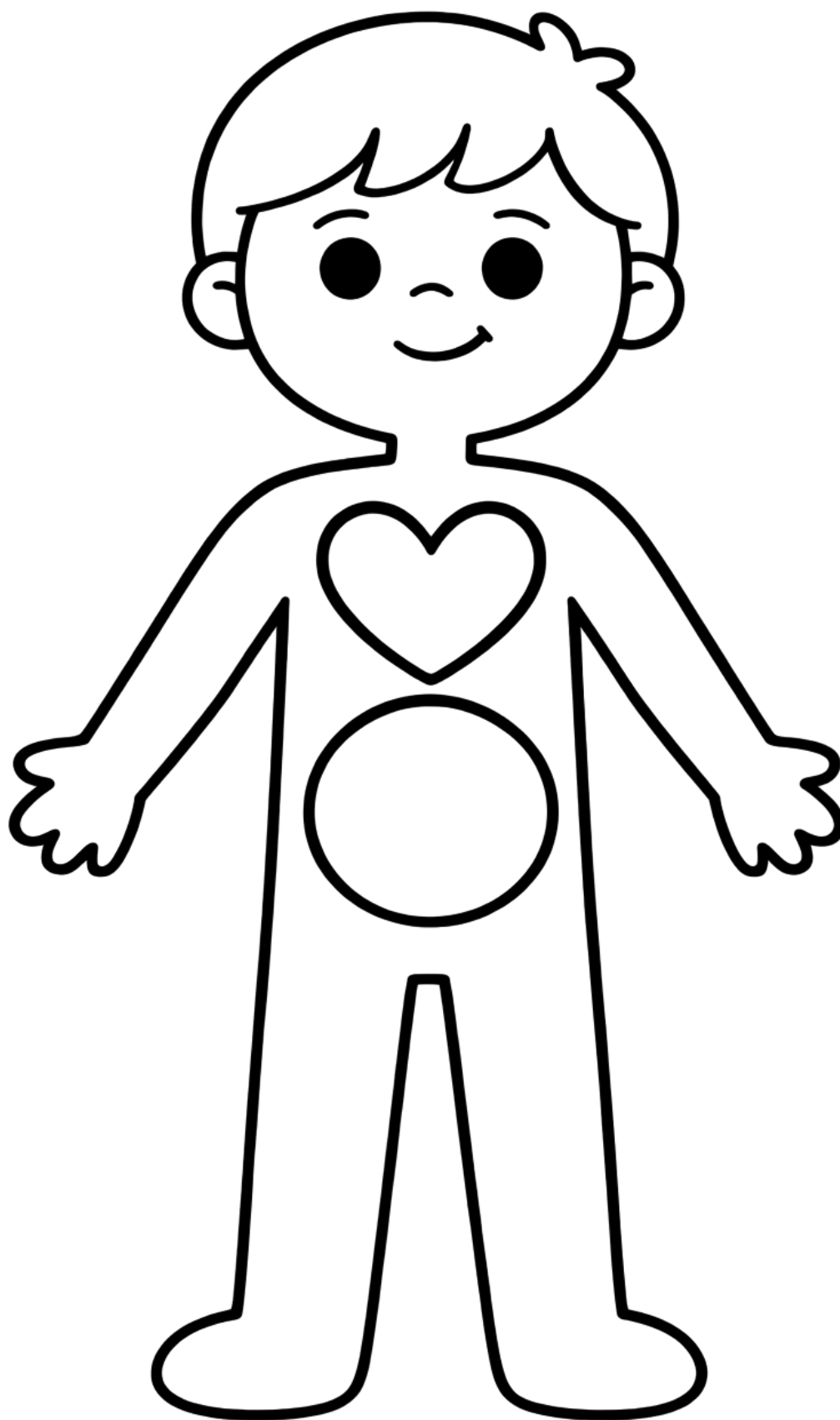


Proud

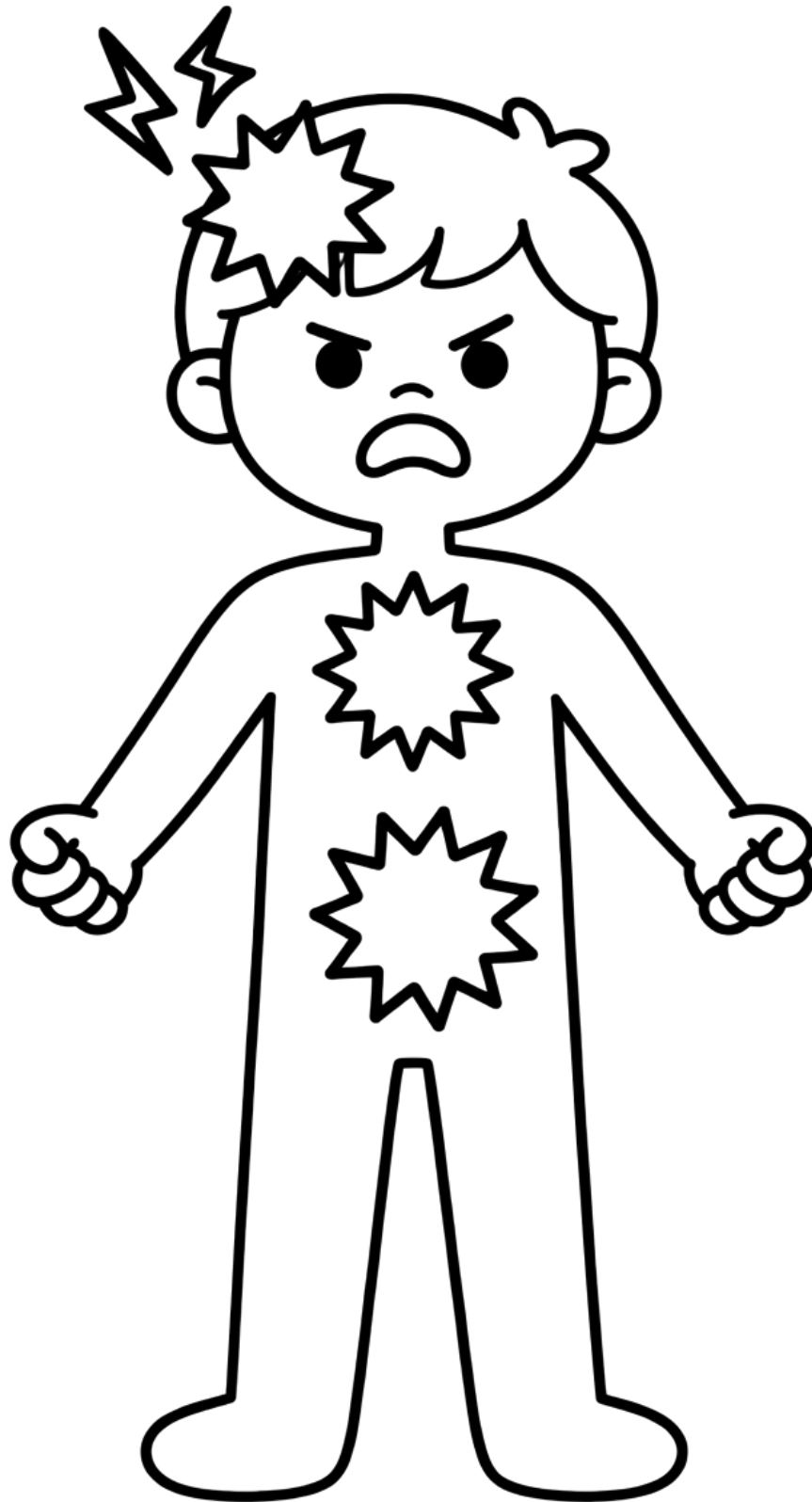


Tired

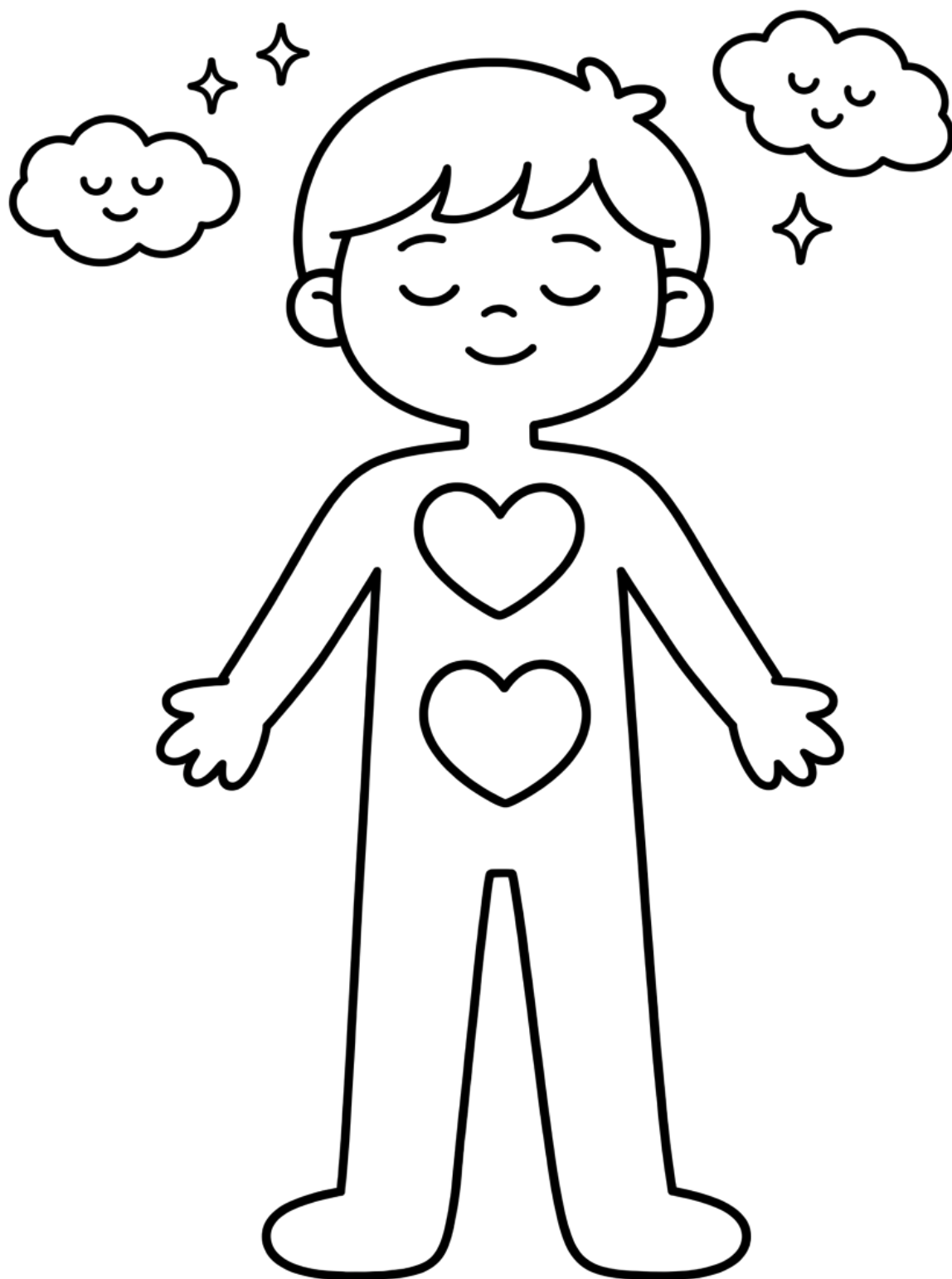




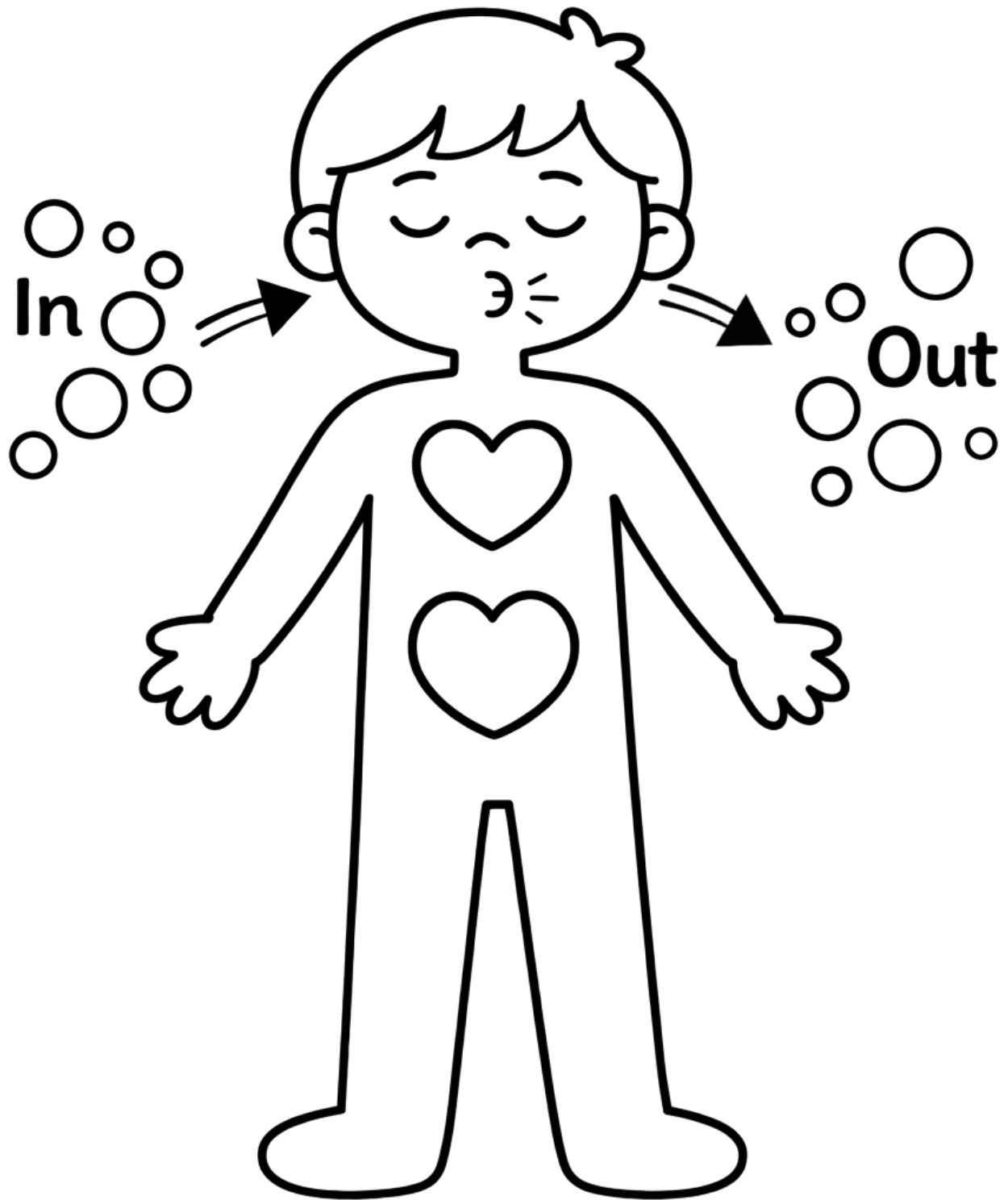
When I feel angry

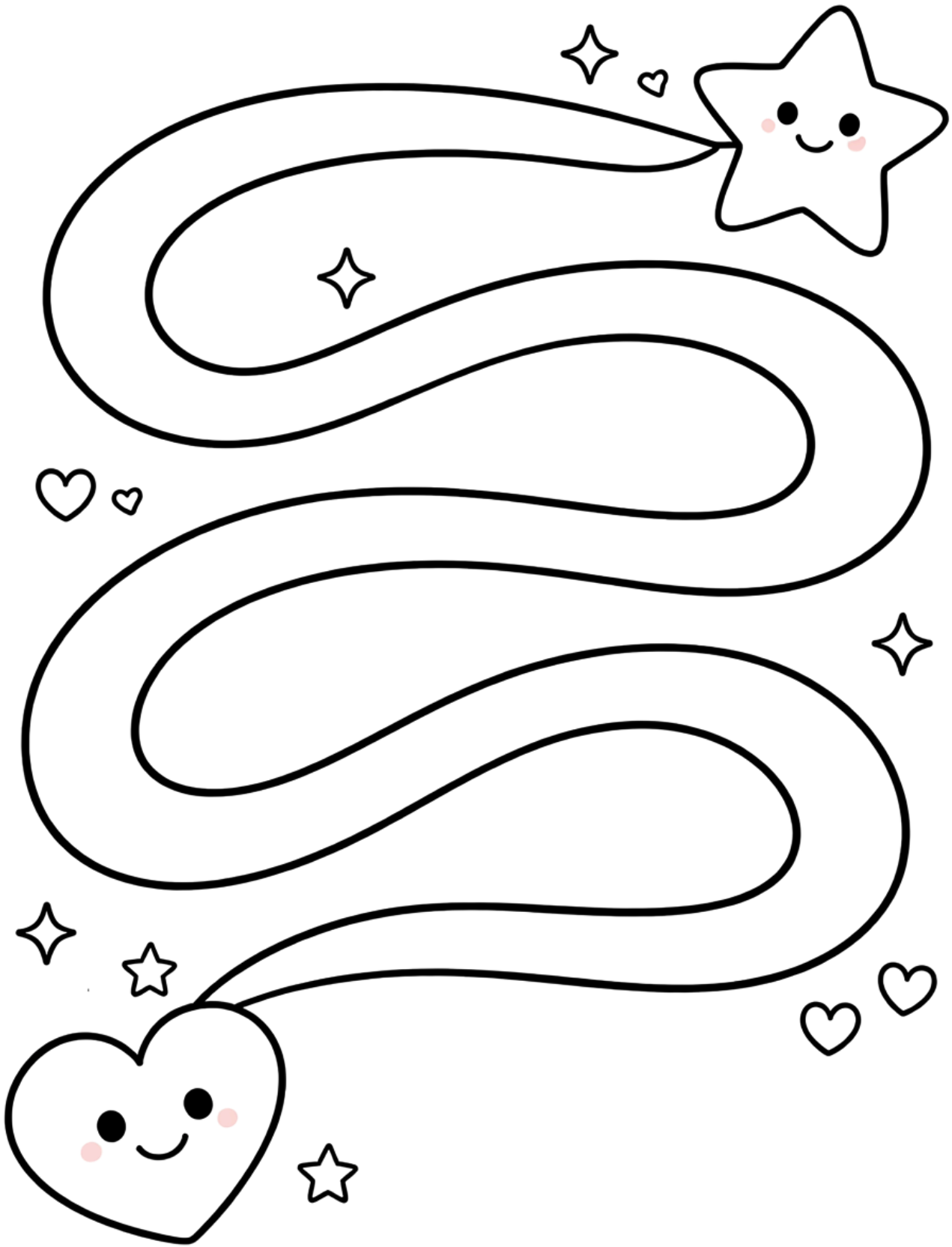


When I feel calm

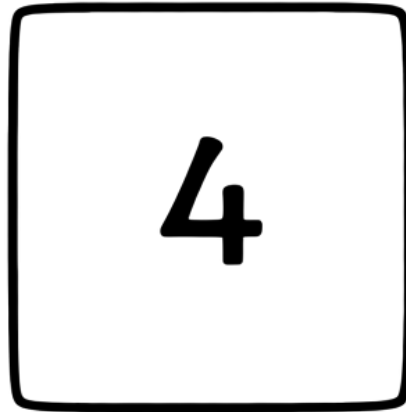


Breathe in. Breathe out.





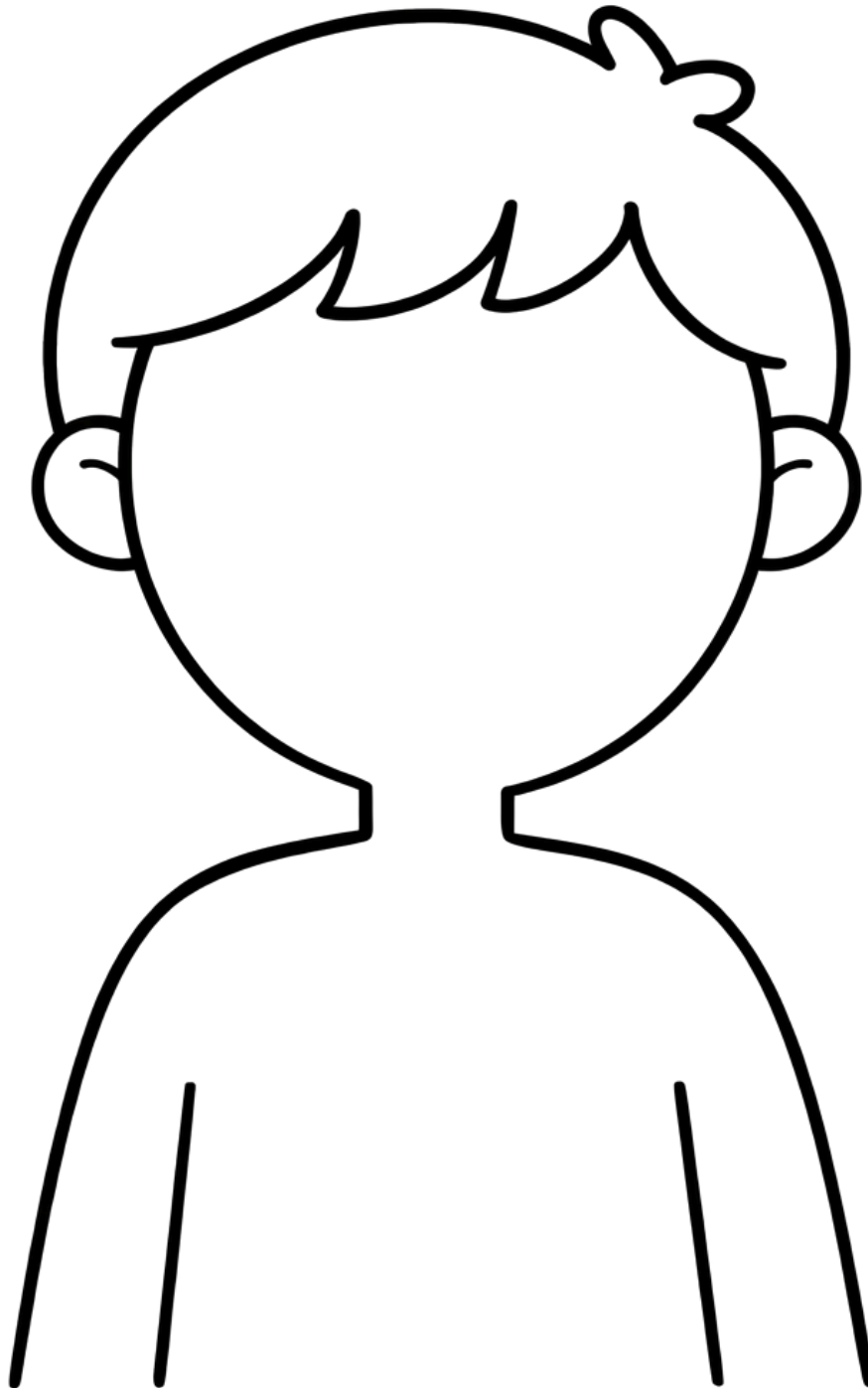
Count to 5



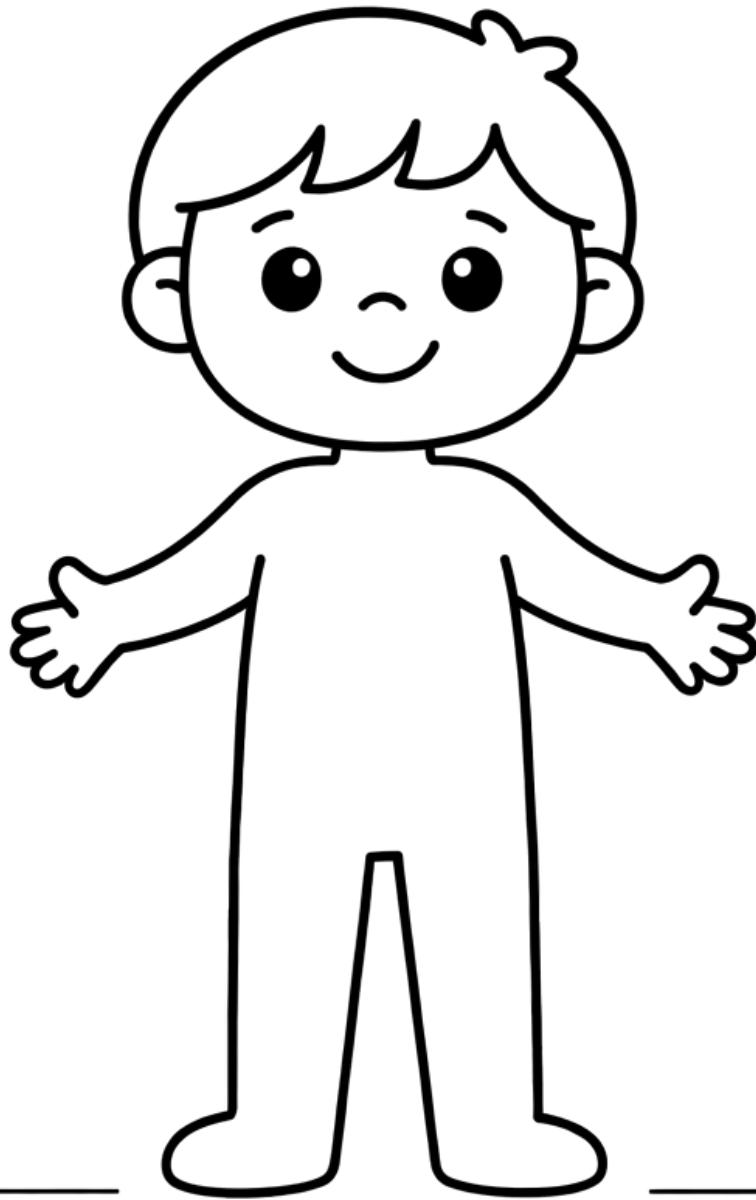
Quiet time



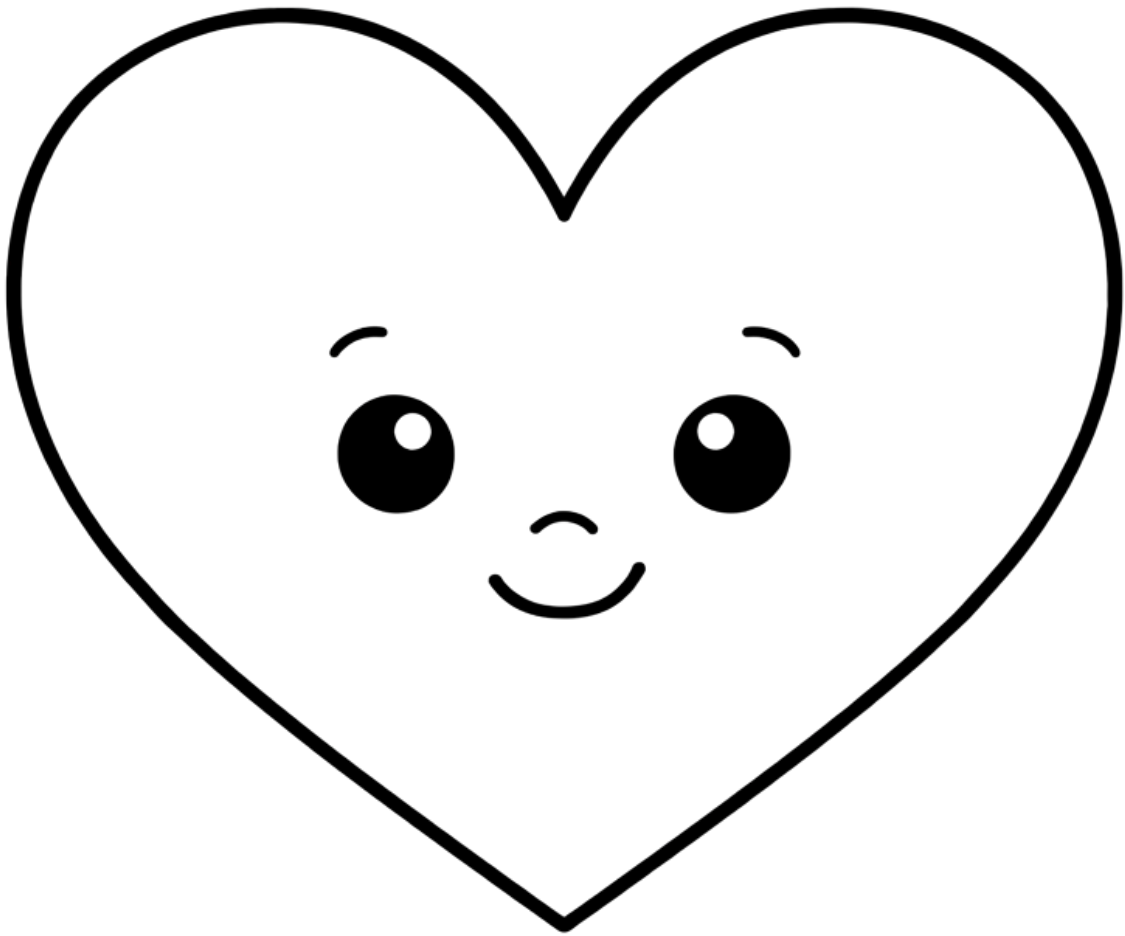
Draw how you feel



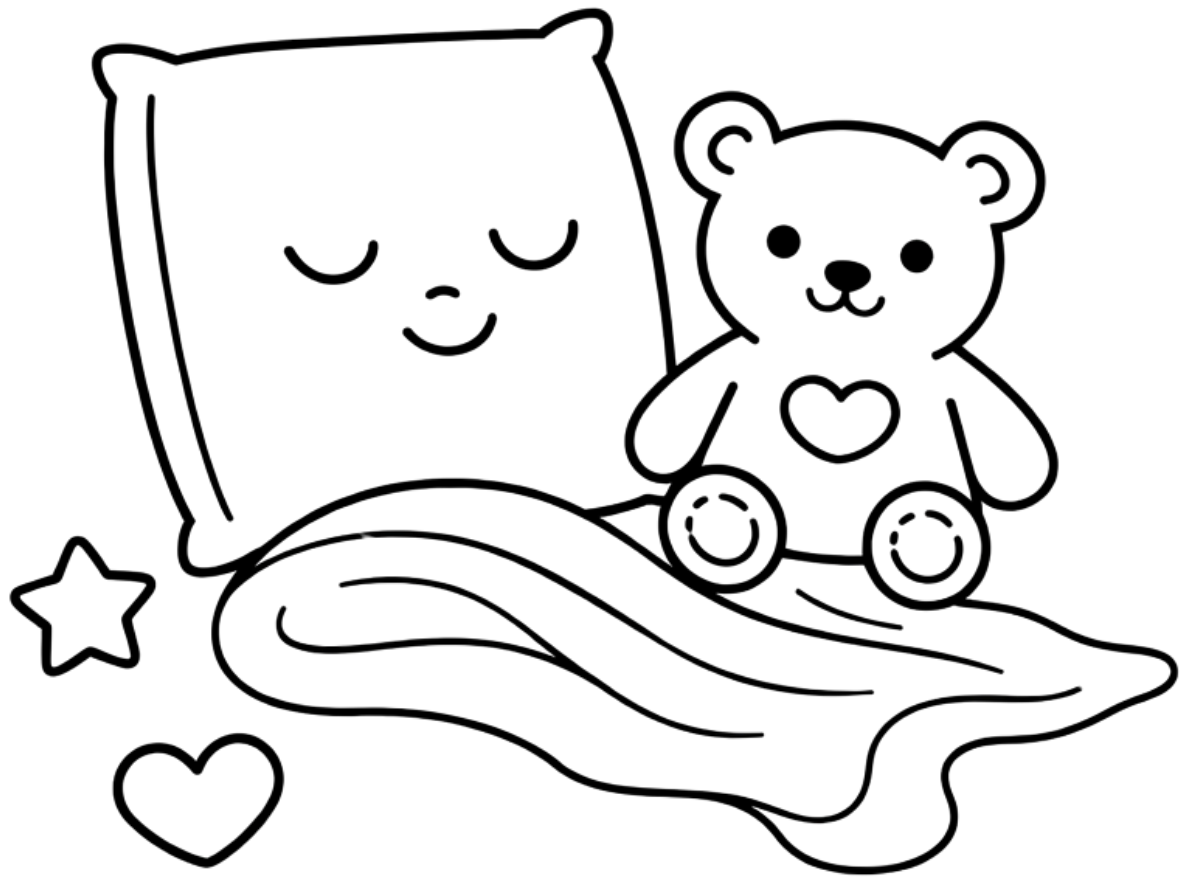
How do you feel today?



Colour the feeling



My Calm Space



I am okay

