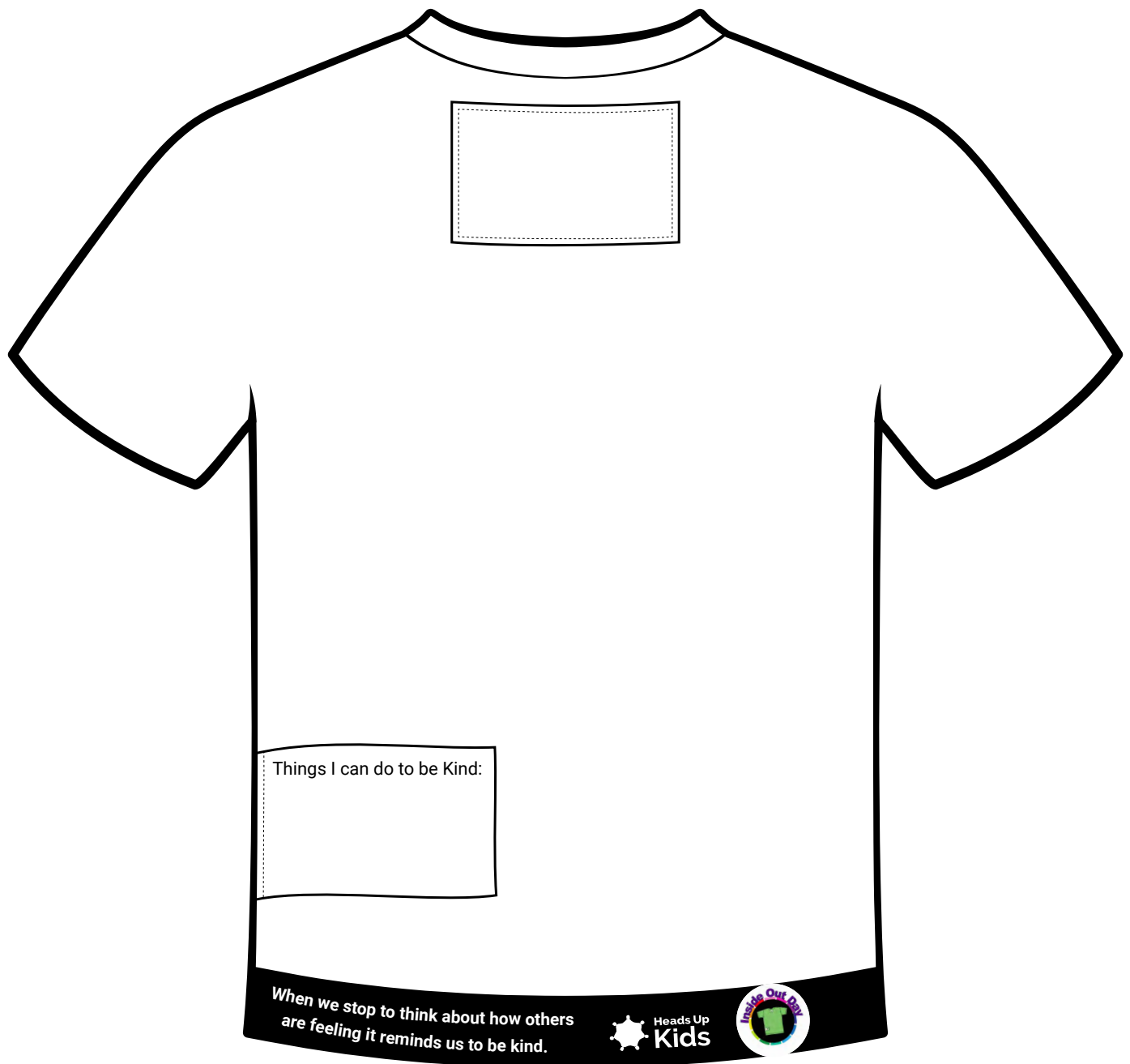


What would it look like if our feelings
were on the outside?
Instead of on the inside?



Choose two feelings one for each side of the sheet. Write the feeling inside the top label. Draw what YOU think that feeling might look like. You can use shapes, colours, patterns and symbols. Remember, everyone feels differently so it doesn't have to look the same as anyone else's.

Fill in the Care Label on the side of the t-shirt with things you can do to be kind.

Now and Beyond 
on Inside Out Day

