

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# clear picture

T V H P T Y T I Q H C Z B Q G X E F K G O K L Z  
O Q U C T D F E E L I N G S C A L E W N N U V P  
T Q H C O Q R I I L O O K A R O U N D I I U Q J  
N M V W J G Y J F N N D U N C U H U Q L Z R P J  
J T Q Y A O N K X G T A Z X O S M D B E I V Q Z  
C V R C C T K I E Z I V V R H Z J S F E V B M M  
K O S R H Y W X L W I E W Z F J C D P F G R V G  
K T W S U E S O T E R D U X H X I J G G I O D Q  
F D M T E I C H J Z E X V D G W K C F N W V O G  
R A Q R D K F K L G O F E J N Q K N H I T S S I  
W Q G O P Q X D Y K N G Y T Z M A Z F M I Q G P  
J X S N E X C C H O Y I Y N Z V F O C L N U N P  
Q K O G K P Q O A F U C L A I I S S S E S T I C  
Z T V F S W D L X W W R Y E O T A N B H Z J H T  
T G Z E G K J G I X Q P E R E E V U K W U B T J  
X N I E T J M Y X P P C T M D F L K I R M W A W  
M I R L L E B H R D N A Y U O Q M Q A E O I E O  
F L K I T O G G M X Z I J Z I T J U H V C C R C  
G E D N S B V I F F U C A T Z J I Y I O T F B C  
Q E G G P U Q P I F G S C W O F N O Q D T X K L  
J F F B A P H E J F C J D Q J B A H N X E O C Z  
A O J K F J L W N J T N B M E R K W I S E M E C  
D N U I P Y O G N I L E E F L L A M S E D V H T  
T W O U L A W W U I M A L Z J V H Z U H B S C Q

overwhelming feeling

check your emotions

check breathing

strong feeling

medium feeling

small feeling

feeling scale

tiny feeling

look around

no feeling