

# My Mind, My Colors

Draw What You Feel. You Are Not Alone.



## DIRECTIONS:

- 1 Think about the feelings and thoughts you struggle with the most.
- 2 Choose any colors that show how they feel.
- 3 Draw or doodle the feelings and thoughts in the space provided.
- 4 There are no wrong colors or drawings. This is YOUR space.
- 5 Take a deep breath. You did something brave today.



Your feelings are real. Your mind matters. You matter. ♥