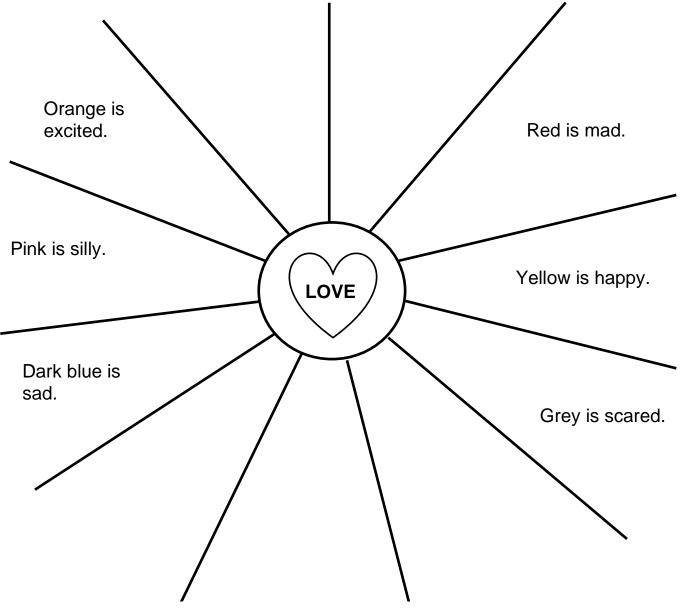
Name: _____

Allow all my emotions to be here.

My rainbow of feelings is made up of many colours.

My sun is always here for me allowing each one to come in and be felt. I colour and fill in the rest of my rainbow below:



To try to only feel happy all the time is impossible because there are so many other colours in a rainbow!

Handout created for The Girl and The Sun children's book by Ashley McIntosh For more handouts visit www.ashleyandthesun.com