

My Voice & My Feelings

Pebble

This is all about you.
You can draw, choose or tell
Pebble how you feel.
Pebble is here to listen.



1 This is me

Draw a picture of yourself.

I have...

(circle or colour)

Hair



Eyes



Today I feel...

2 People who help me feel safe

Draw the people (or pets!) who help you feel safe and happy.

My family

My teacher
or carer

My friend

My pet

3 How I feel today

Circle the face that shows how you feel right now.



Happy



Calm



Excited



Worried



Sad



Angry

4 Things I love

Draw or tell us about your favourite things.



Toy



Food



Game



Place

5 When I feel worried...

These things can help me feel better.
Tick the ones that help you.



Cuddles

☐


Stories

☐


Bubbles

☐


Quiet time

☐


Music

☐


Talking

☐

6 My voice

Tell Pebble anything you want.
Draw a picture or tell us here.

