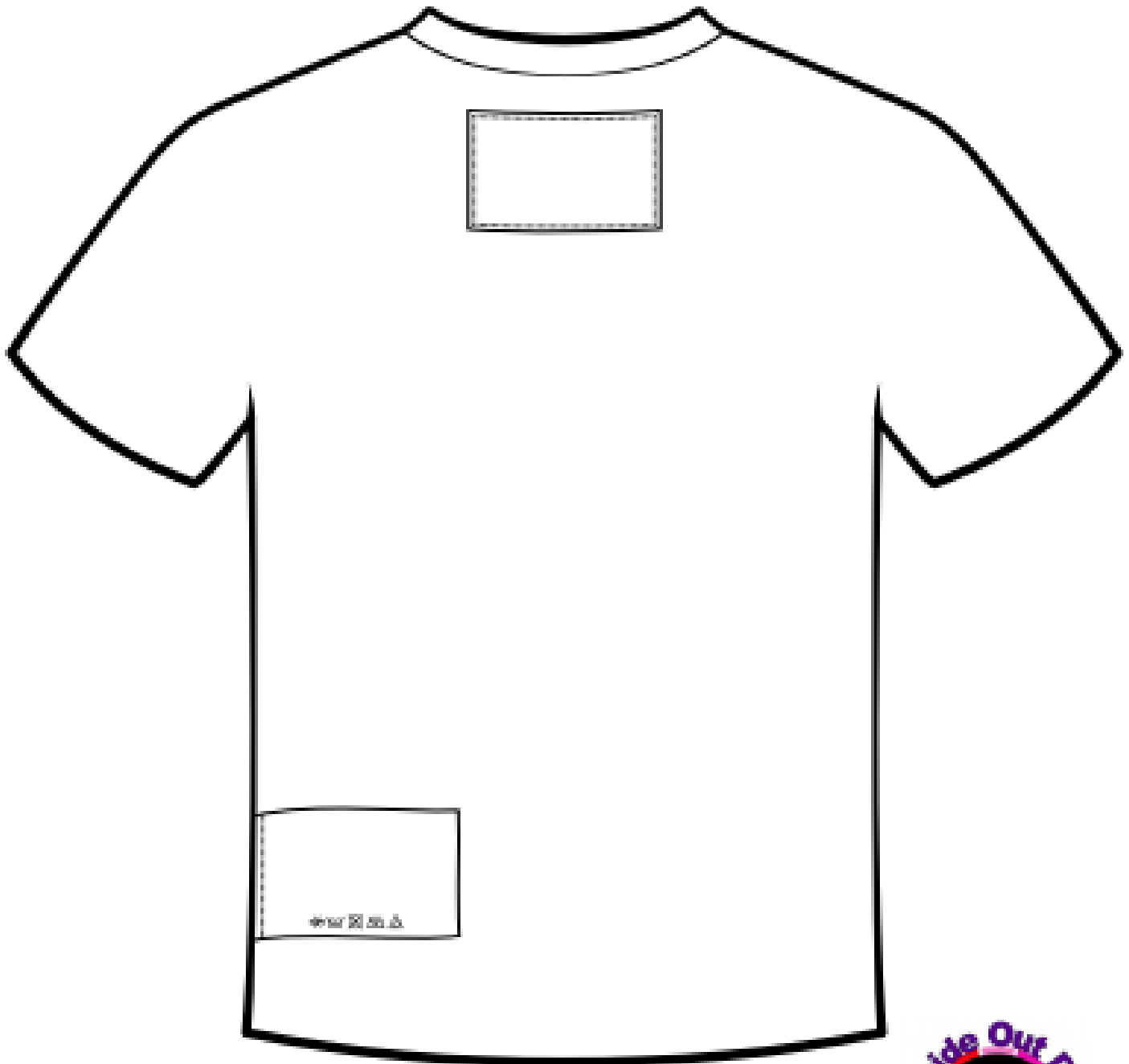


# My Feelings T-Shirt

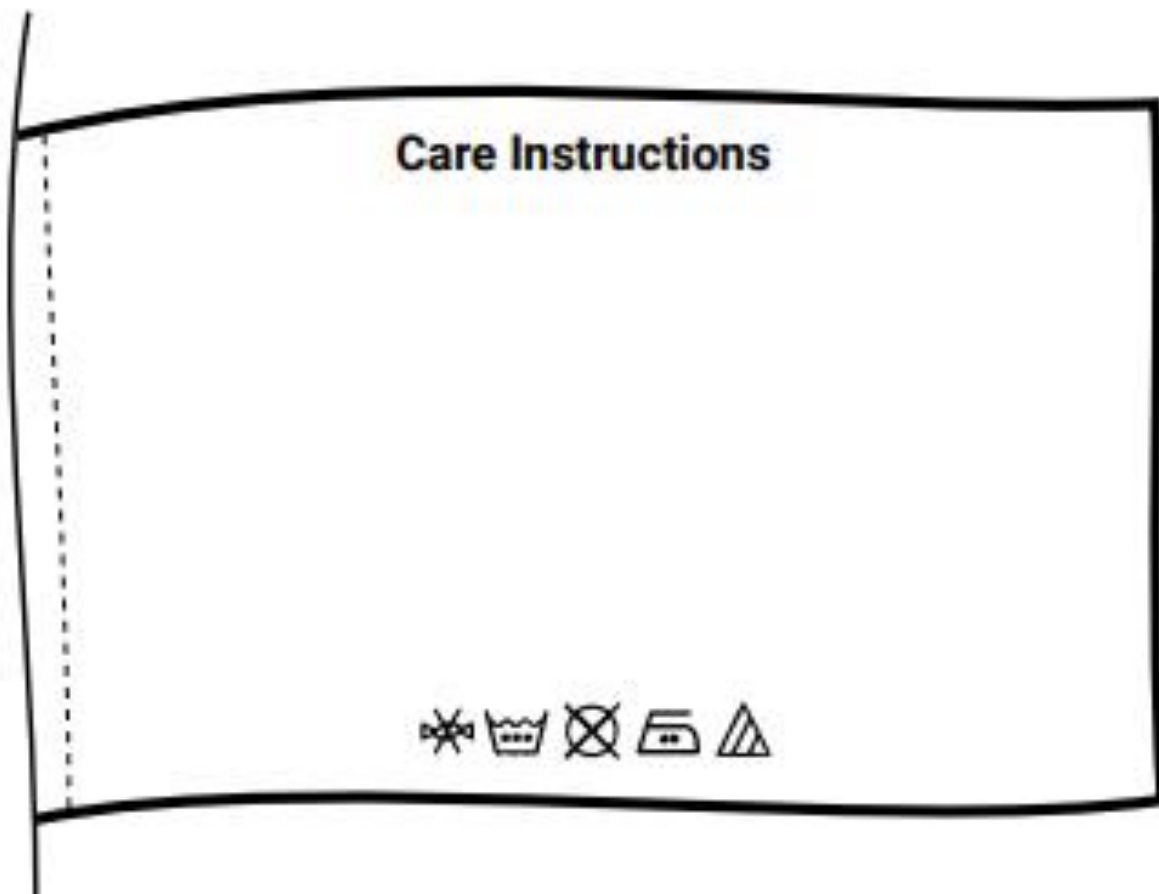


**Now and  
Beyond** >>  
on Inside Out Day



How do we care for others?

How do we show kindness?



In the care label, write or draw some of the things we can do to care for each other's feelings.