

I spy something that

makes me

feel

safe

I spy something that

makes me

feel

nervous

I spy something that

makes me

feel

calm

I spy something that

makes me

feel

happy

I spy something that

makes me

feel

love

I spy something that

makes me

feel

angry

I spy something that

makes me

feel

sad

I spy something that

makes me

feel

excited

I spy something that  
helps me  
play with  
others

I spy something that  
helps me  
take a  
break

I spy something that  
helps me  
feel  
proud

I spy something that  
helps me  
move my  
body



