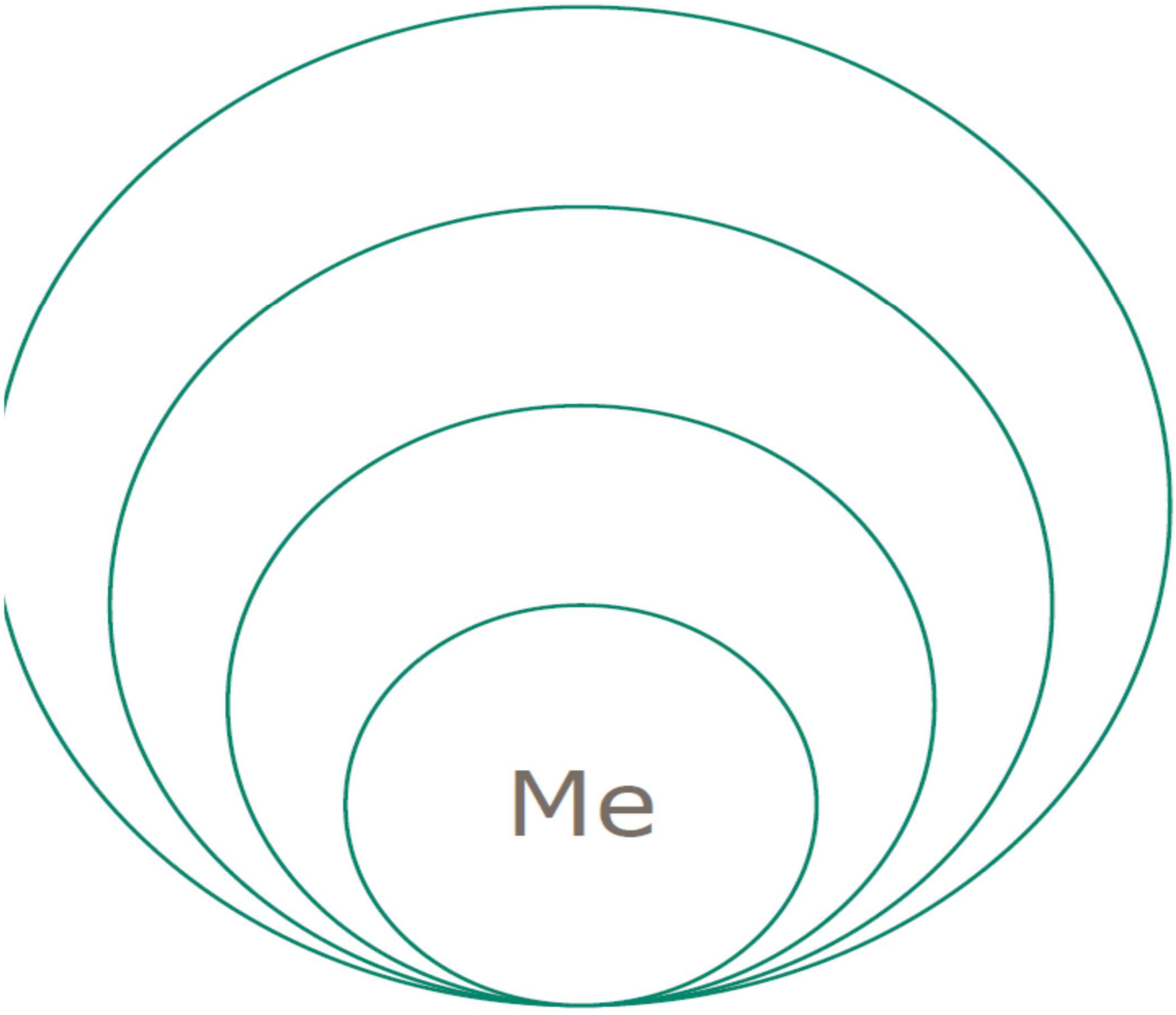
Tuesday 19th May 2020

MPI Talking about feelings.

Who are the people you trust in your life that you can talk to when you are feeling worried? Write or draw them on the worksheet. On the sheet, place the people who you would speak to first, closest to you.

My Circle of Support