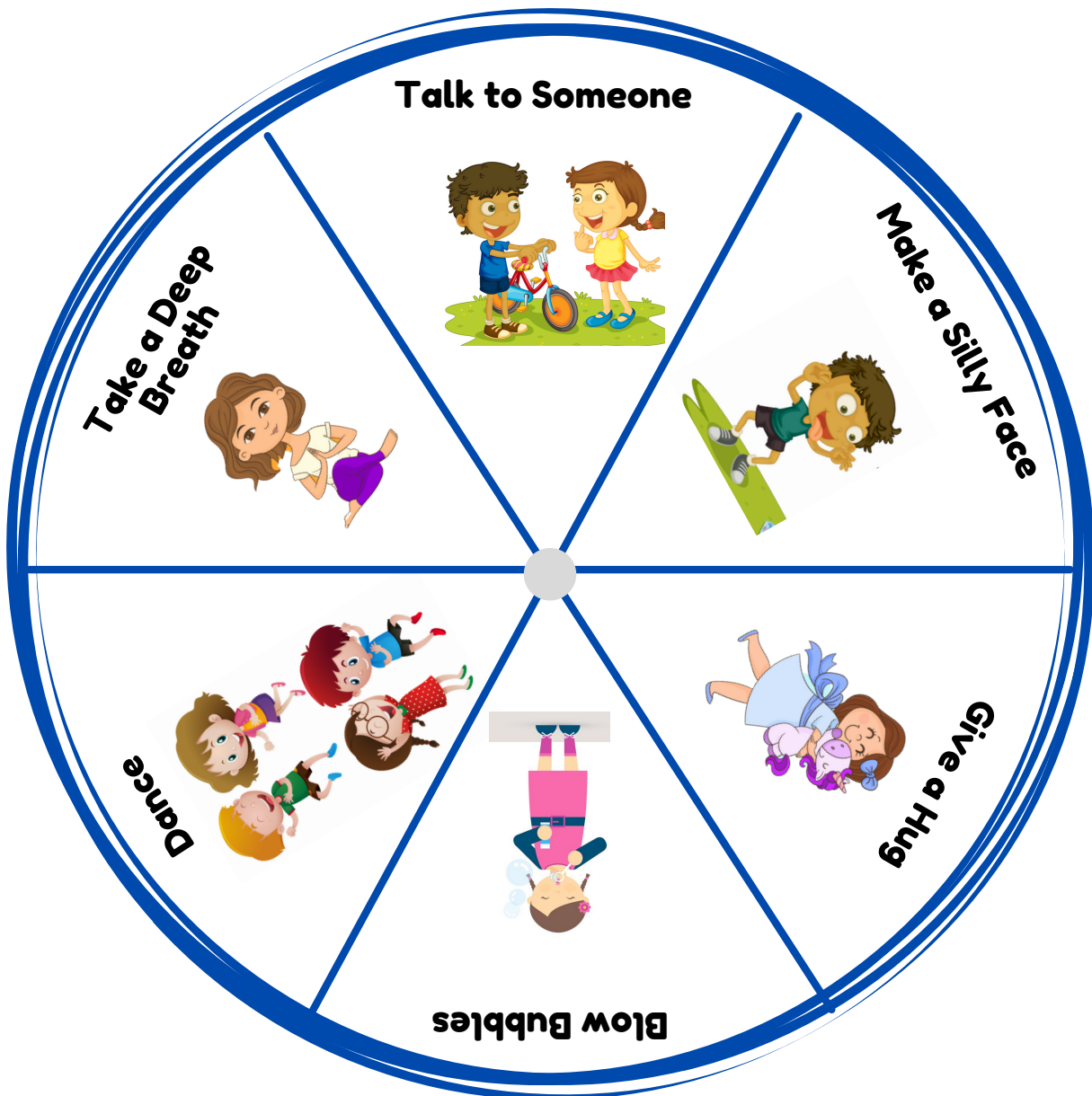


I feel _____

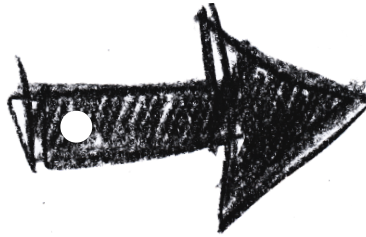
IT'S OK TO FEEL WHAT I FEEL

How can I help myself feel better?



How to Assemble Spinner

- 1) GLUE PAPER TO 8.5" X 11" PIECE OF CARDBOARD.
- 2) CUT OUT ARROW BELOW AND GLUE IT TO A SEPARATE PIECE OF CARDBOARD. CUT OUT CARDBOARD ARROW.



- 3) POKE HOLE IN THE ARROW. POKE ANOTHER HOLE IN THE CENTER OF THE SPINNER.
- 4) ATTACH ARROW TO THE SPINNER USING A PAPER FASTENER.

