

# Capy's Feelings Cards

From sad to a little lighter. Cut along the dashed lines.



**Sad**



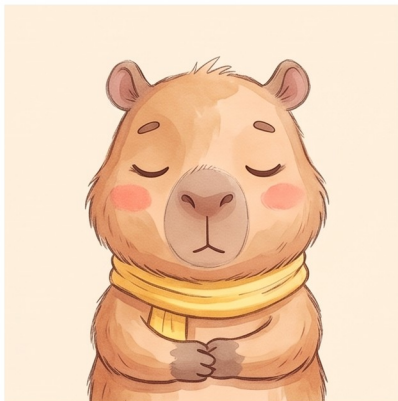
**Heavy paws**



**Teary**



**Missing you**



**Quiet**



**Hugged**



**Holding on**



**Remembering**

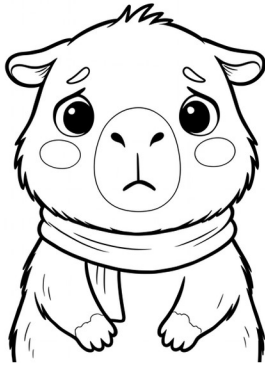


**A little lighter**

Lay the cards in a row, from sad to a little lighter. Ask: "Where are you now? What might help a little?"

# Capy's Feelings Cards to Color

Color each Capy, then cut along the dashed lines.



Sad



Heavy paws



Teary



Missing you



Quiet



Hugged



Holding on



Remembering



A little lighter

Lay the cards in a row, from sad to a little lighter. Ask: "Where are you now? What might help a little?"