



### Feelings Meal



*It is important that we tell each other **how we are feeling** so we can **support each other**. If we are really happy about something, we should share the news, so we can enjoy the happiness together. Or if we are sad or worried about something, we should tell each other so we can help each other feel better.*



This week's challenge is to create a **feelings meal!** It can be your...

Breakfast

Lunch

Dinner

Snack!

Get creative with your mealtime and use it as a way to talk to each other about how you are feeling! Or, maybe you want to make a face and talk about a time when you felt that emotion and what happened to make you feel that way.

It's also a great way to sit down together and spend some quality time talking, there might even be some delicious food involved!

Remember...it is very normal to have worries. Sharing them with people who love you will make you feel better!