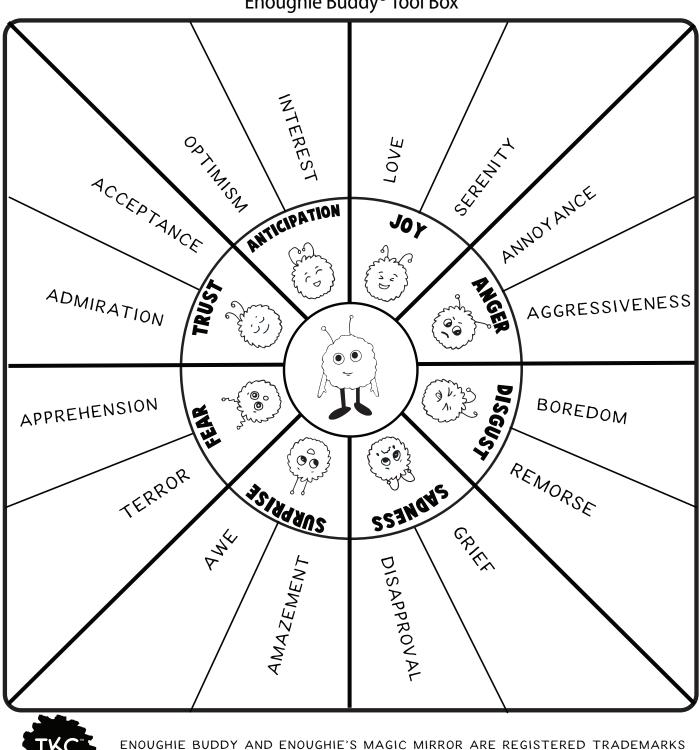
## **ENOUGHIE'S ZEN DOODLES**

WHEN ENOUGHIE HAS A FEELING HE LIKES TO EXPRESS IT BY DOODLING TO SHOW WHAT IT LOOKS LIKE ON PAPER. WHAT DO YOUR EMOTIONS LOOK LIKE WHEN YOU FEEL THEM? CHOOSE AN EMOTION FROM THE TOOL BOX BELOW AND DRAW IT IN THE BOX ON THE OTHER SIDE OF THIS PAPER! ENOUGHIE HAS FILLED IN THE FIRST ONES FOR YOU TO GIVE YOU AN EXAMPLE.



OF THE KATELLE FOUNDATION. © 2020 THE KATELLE FOUNDATION

Enoughie Buddy<sup>®</sup> Tool Box

EMOTION	ENOUGHIE'S EXAMPLE	YOUR TURN!
JOY		
SADNESS		
ANGER		
°√°°°°°°°°°°°°°°°°°°°°°°°°°°°°°°°°°°°		
TRUST		