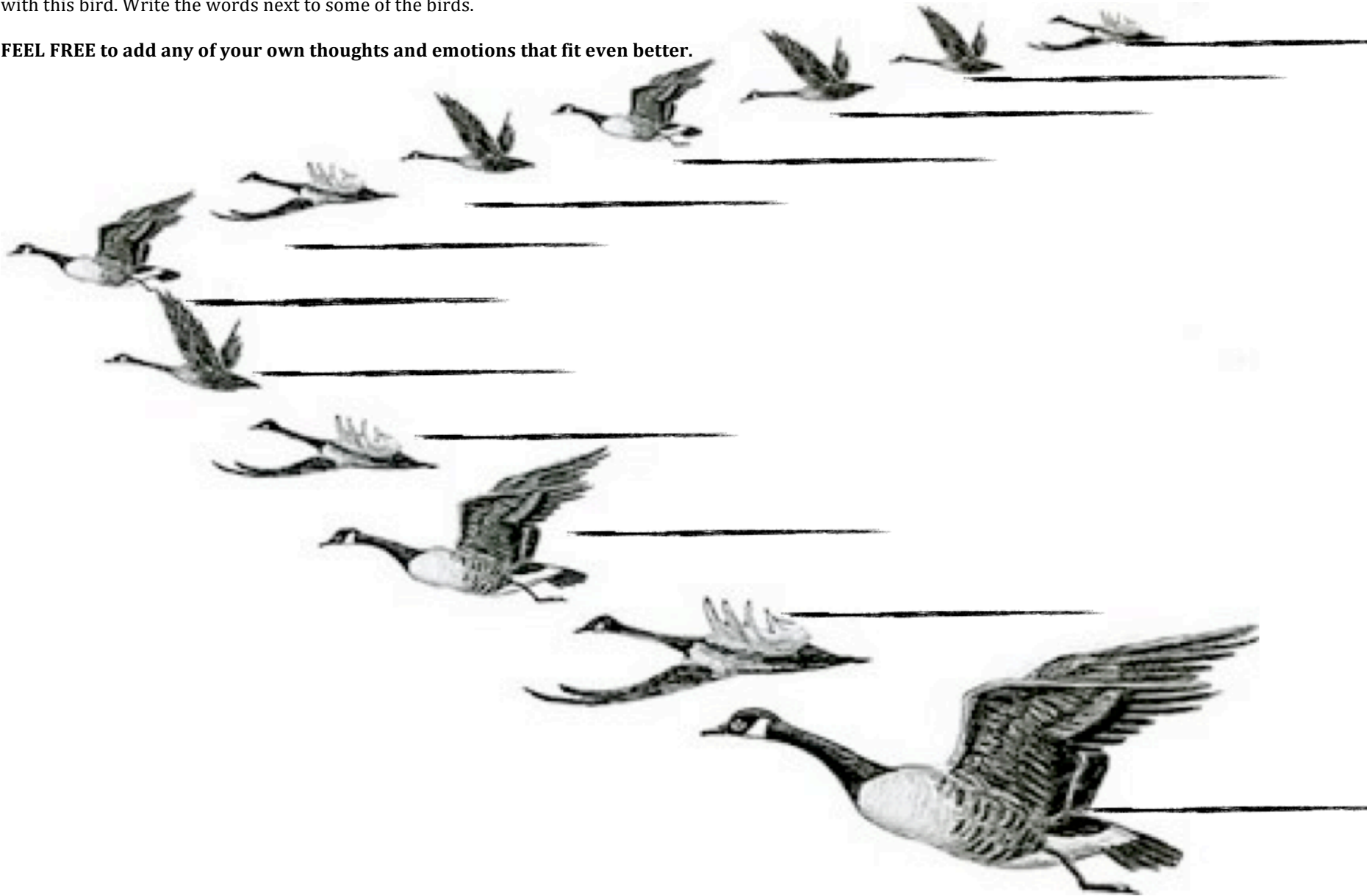


## BIRDS OF A FEATHER

BELOW YOU WILL FIND a flock of birds. Put the name of your hardest thought or emotion next to the leading bird. Name some of the other birds that often fly along with this bird. Write the words next to some of the birds.

**FEEL FREE** to add any of your own thoughts and emotions that fit even better.



**These birds are often quite loud. What happens when you try to control them? What happens when you spend all of your time focused on them?**