

Inside Out

Let's talk about which feelings we show people and which feelings we keep inside of ourselves. How can you become more aware of the feelings you show vs. those you keep inside? Perhaps, we hide our true feelings and thoughts from the outside world for fear of what others may think.

Think of a time when you hid your feelings inside. Use the t-shirt below to help express your feelings. On the front of the shirt, write or draw how you felt when something upset you, how did you react to the event—what did you show on the outside? On the back of the shirt, write or draw how you felt on the inside.

