



























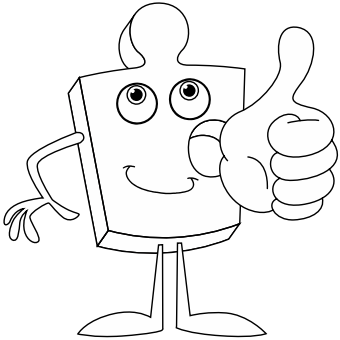
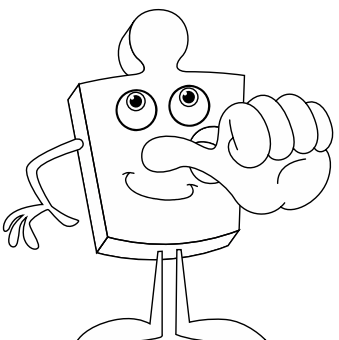
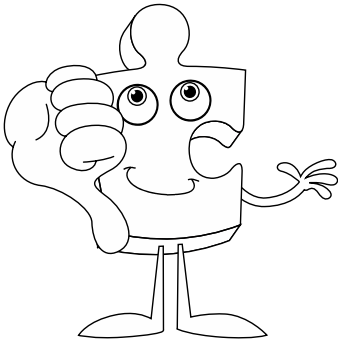
My Jigsaw Learning

Healthy Me Piece 2

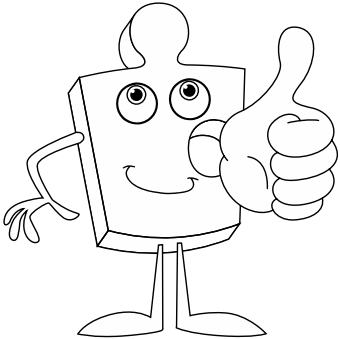
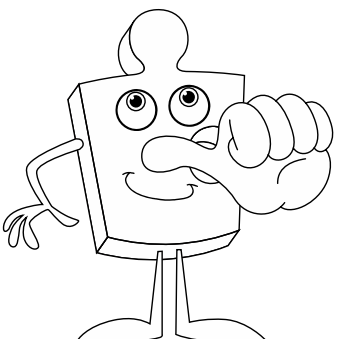
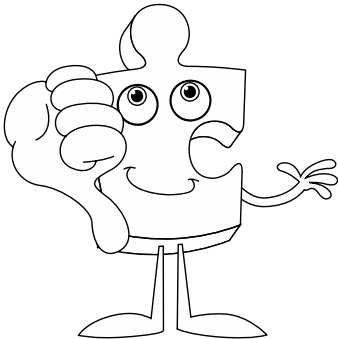
Ages 6-7

Name .....

I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed



I can tell you when a feeling is weak and when a feeling is strong



TINT BOX - To improve next time I .....

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