

Transform the Storm with Touchstones



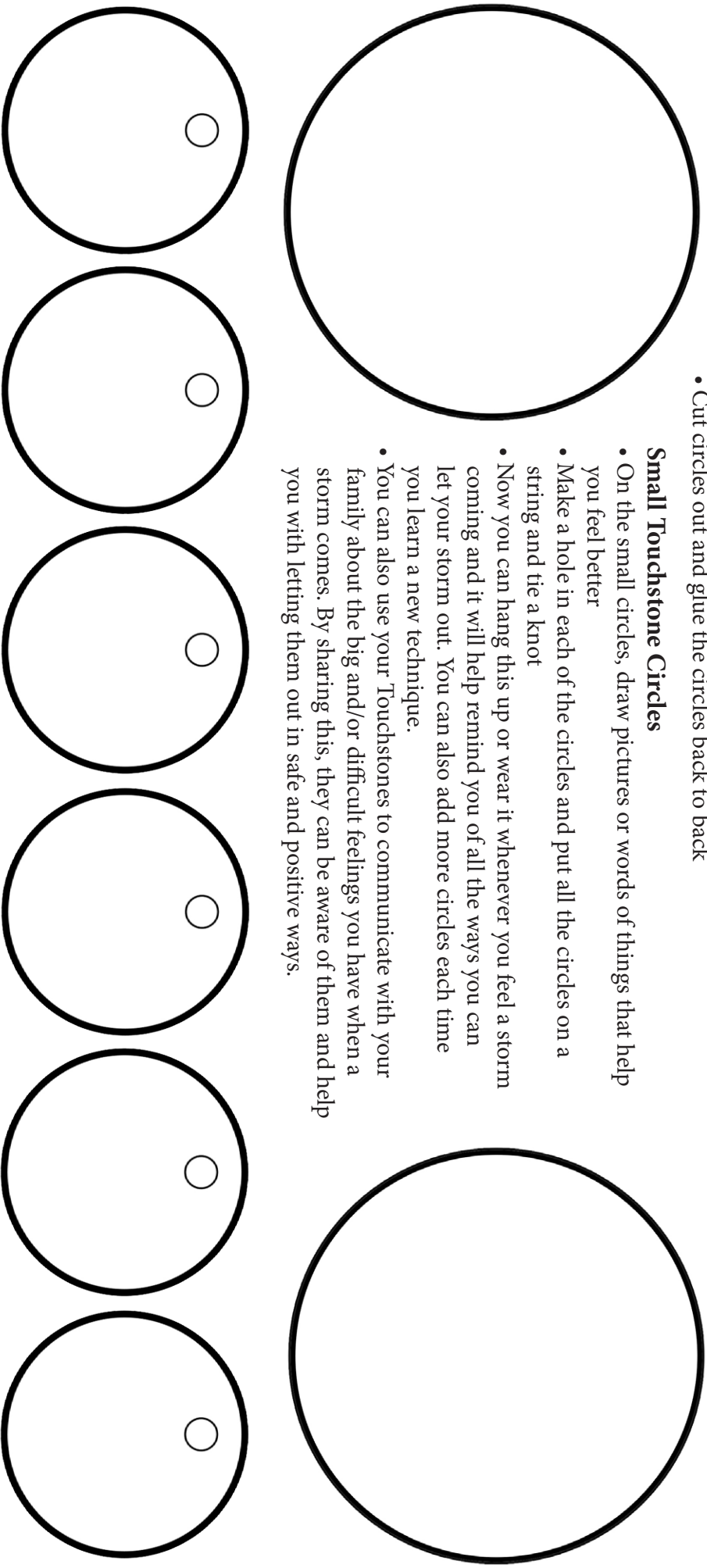
DIRECTIONS

Large Touchstone Circles

- On one circle, draw a picture of your storm and how you feel
- On the other circle, draw how you want to feel when the storm is gone
- Cut circles out and glue the circles back to back

Small Touchstone Circles

- On the small circles, draw pictures or words of things that help you feel better
- Make a hole in each of the circles and put all the circles on a string and tie a knot
- Now you can hang this up or wear it whenever you feel a storm coming and it will help remind you of all the ways you can let your storm out. You can also add more circles each time you learn a new technique.
- You can also use your Touchstones to communicate with your family about the big and/or difficult feelings you have when a storm comes. By sharing this, they can be aware of them and help you with letting them out in safe and positive ways.



“Allowing yourself to start feeling your feelings is the very first step on the journey toward healing.”