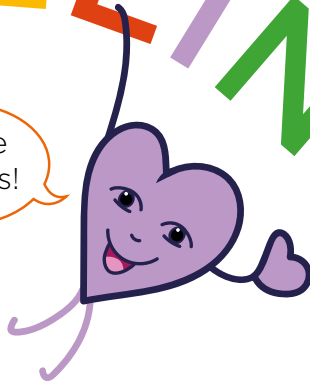


Saint Francis Hospice
Caring for you



FEEL MY FEELINGS

You've got this!



Meet Sadie



Hi my name is Sadie and I am 14 years old. I would like to talk about how the idea of this book all started.

When I was 6, my grandad was diagnosed with lung cancer. That meant that he was in hospital practically all of the time, and I found it hard.

I was told that I could talk to anyone in my family if I was upset, but it's not always that easy.

Unfortunately around a year later, he passed away. I found that if I didn't feel like talking, I would write down how I felt. So if I was angry, I would write about it, then rip it up and throw it in the bin. This then inspired this book.

I really hope that this book will help you as much as it helped me.

Sadie.

Sadie's symbols!

So, what do they mean?



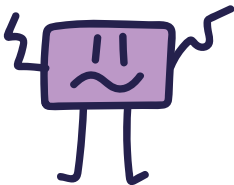
- Feeling Happy



- Feeling Creative



- Feeling Sad



- Feeling Confused



- Feeling Okay



Key to the books



How are you today:

Write about your day and how you feel.



Draw on this page:

A space to draw whatever you would like.



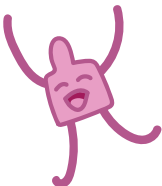
Positive vibes:

Pages of happy quotes to start your day.



The Circle:

Tick which emoji you feel today.

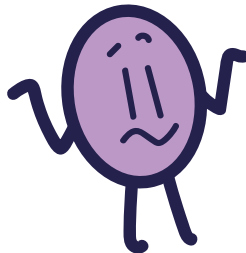
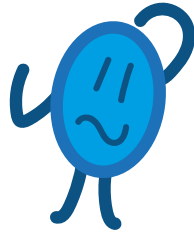


Top 5:

Write your top 5 on the categories provided.

The Circle

Tick which emoji you feel today!

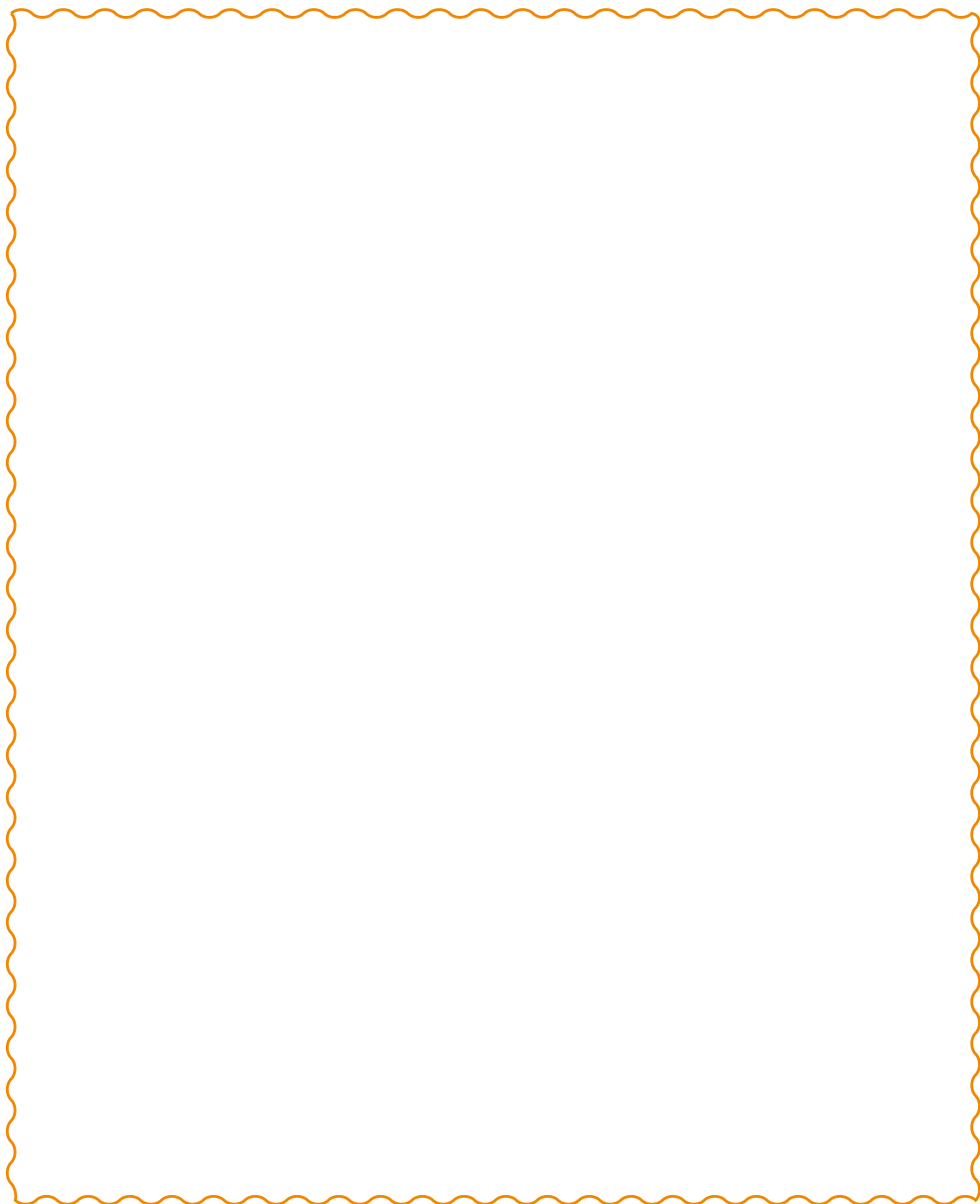


My name

Who do I see as part of my family?



Draw anything you like on this page!



Sadies positive Vibes

Happy quotes for today



When it rains,
make a rainbow!



Smile and the
world smiles
with you

Top 5: What are your favourite foods?











*Thinking about
our favourite things
makes us happy*



Top 5: What are your favourite songs?













Top 5: Your favourite TV programmes?







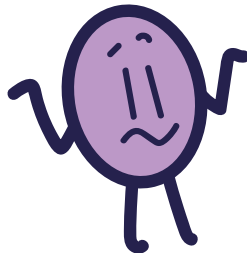
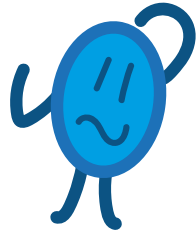




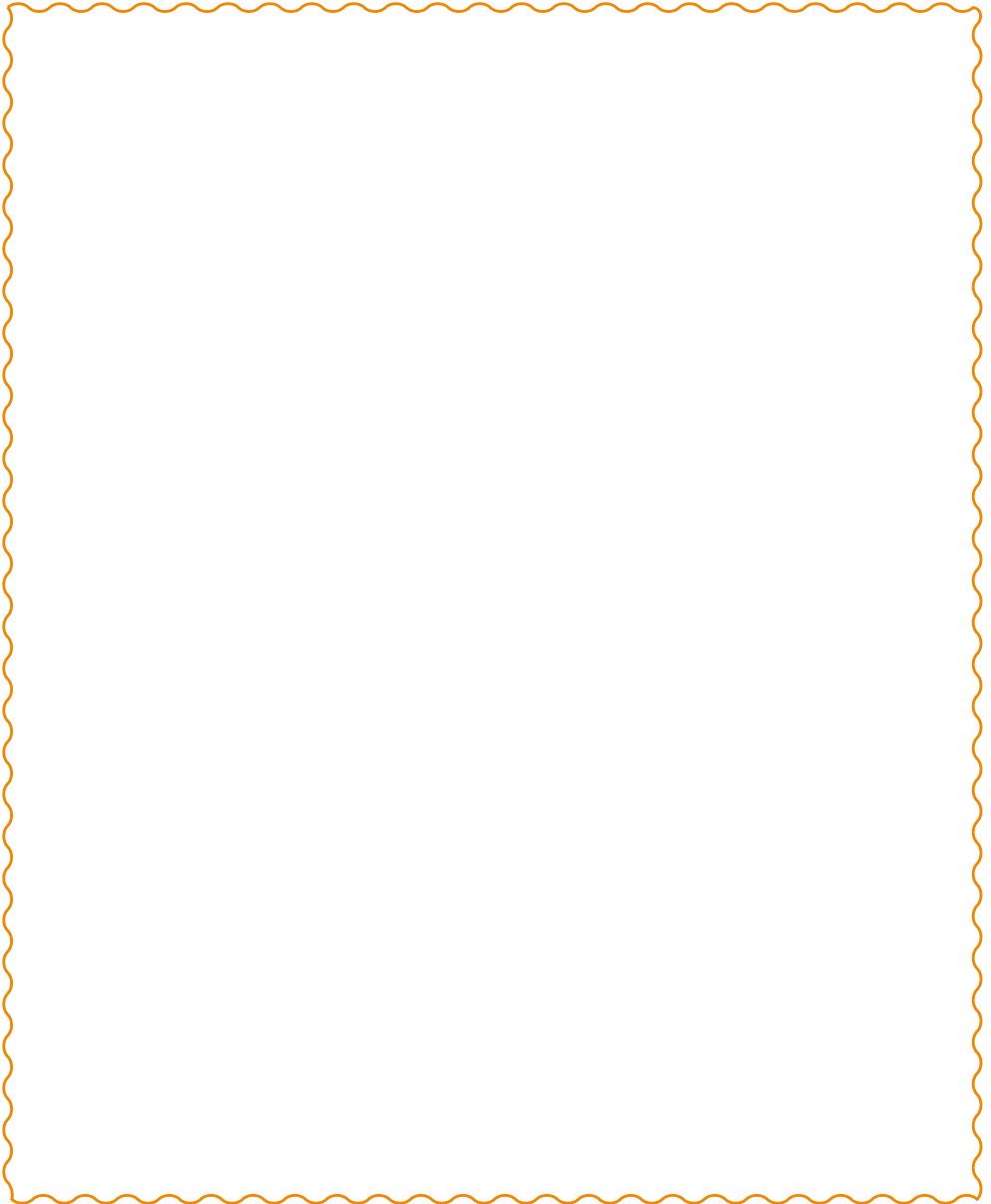


The Circle

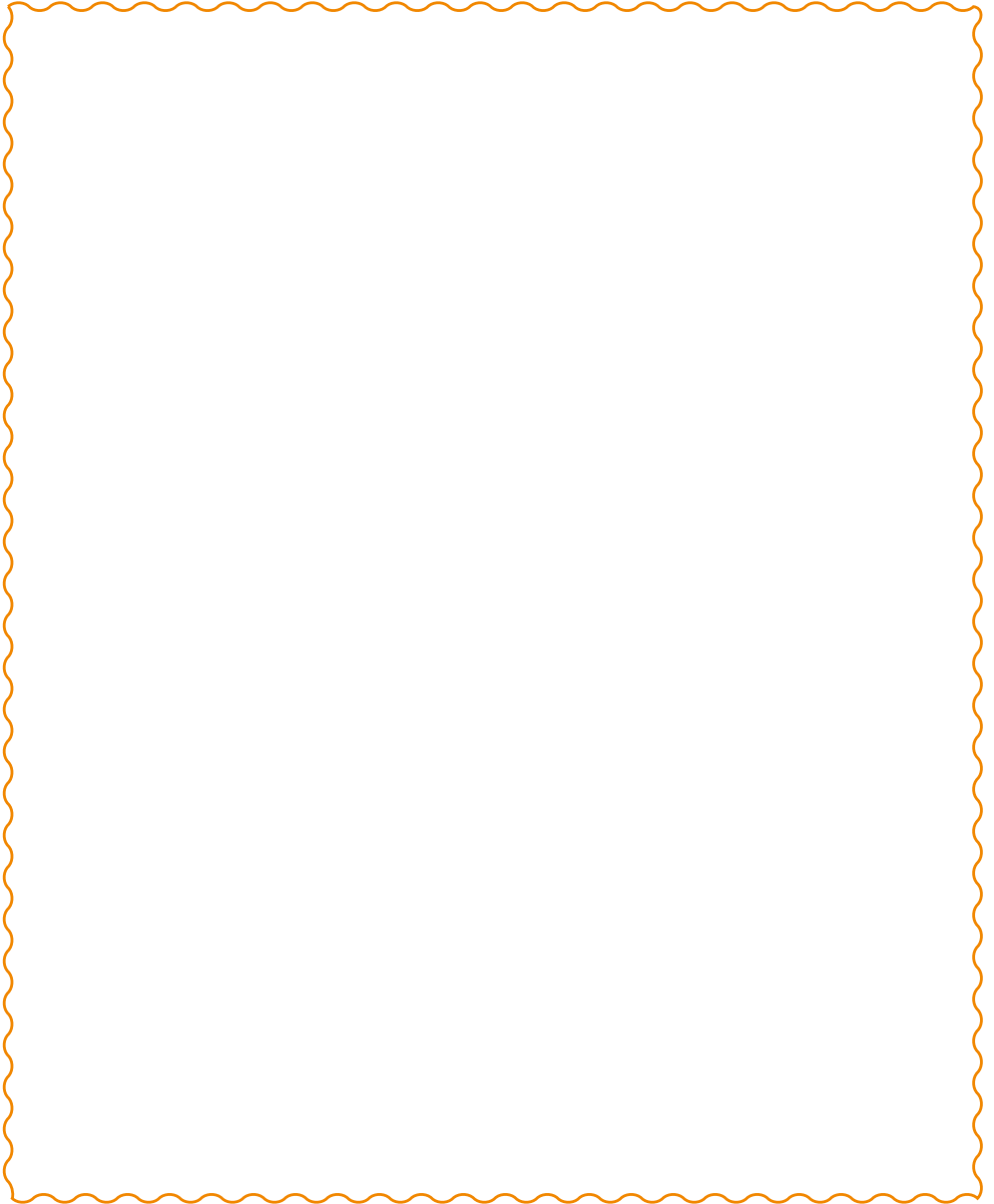
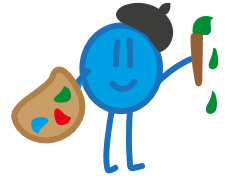
Tick which emoji you feel today!



Draw anything you like on this page!

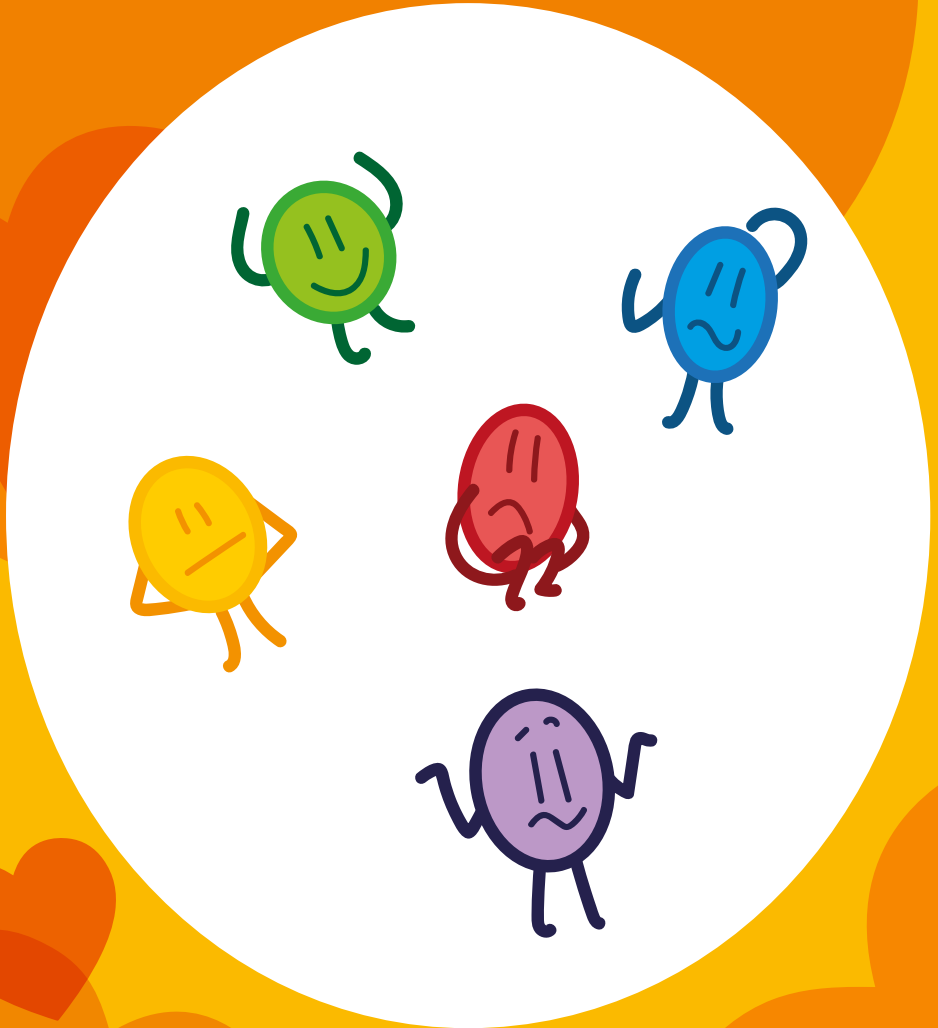


Draw anything you
like on this page!



The Circle

Tick which emoji you feel today!



Join our Jam Jar Army



Did you know you can
fundraise for Saint Francis
Hospice by collecting coins in a
jar and bringing in your jars to
the hospice?

A great way for your school to
get involved and help raise vital
funds for Saint Francis Hospice.

*Excluding Frankie the Lion, all images
were created by Sadie, and her drawings
were re-produced for this booklet.*

Saint
Francis
Hospice

Caring for you