

TOBI & PEANUT THERAPY PONIES



UNDERSTANDING OUR EMOTIONS WITH TOBI AND PEANUT

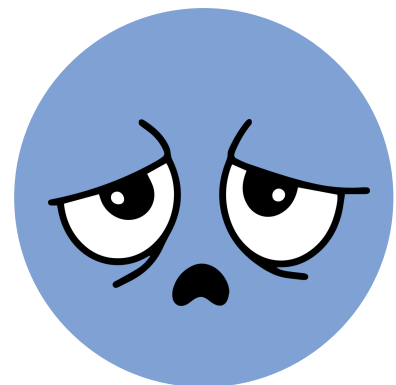
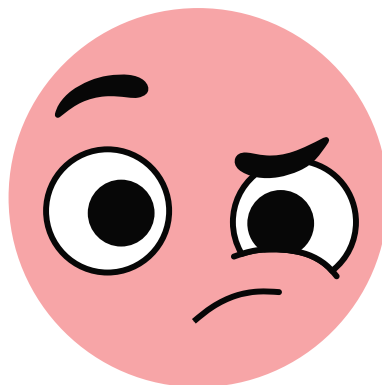
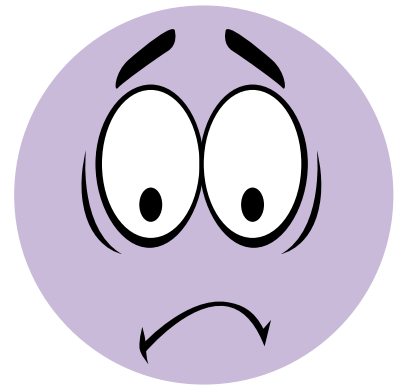
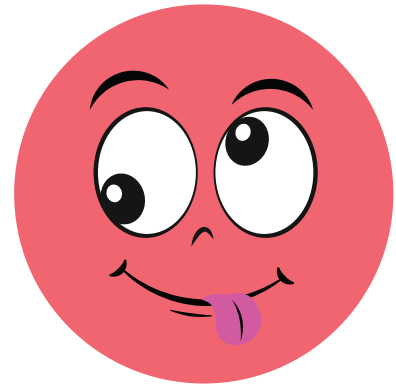
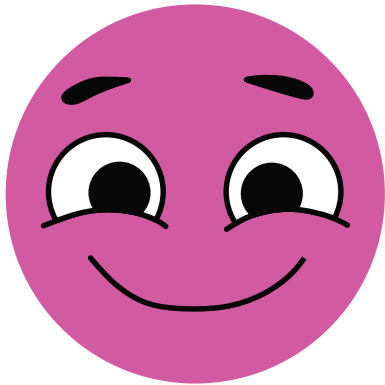


TOBI & PEANUT
THERAPY PONIES

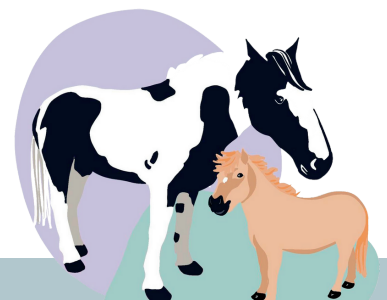
THIS WORKBOOK BELONGS TO



FEELINGS CHART

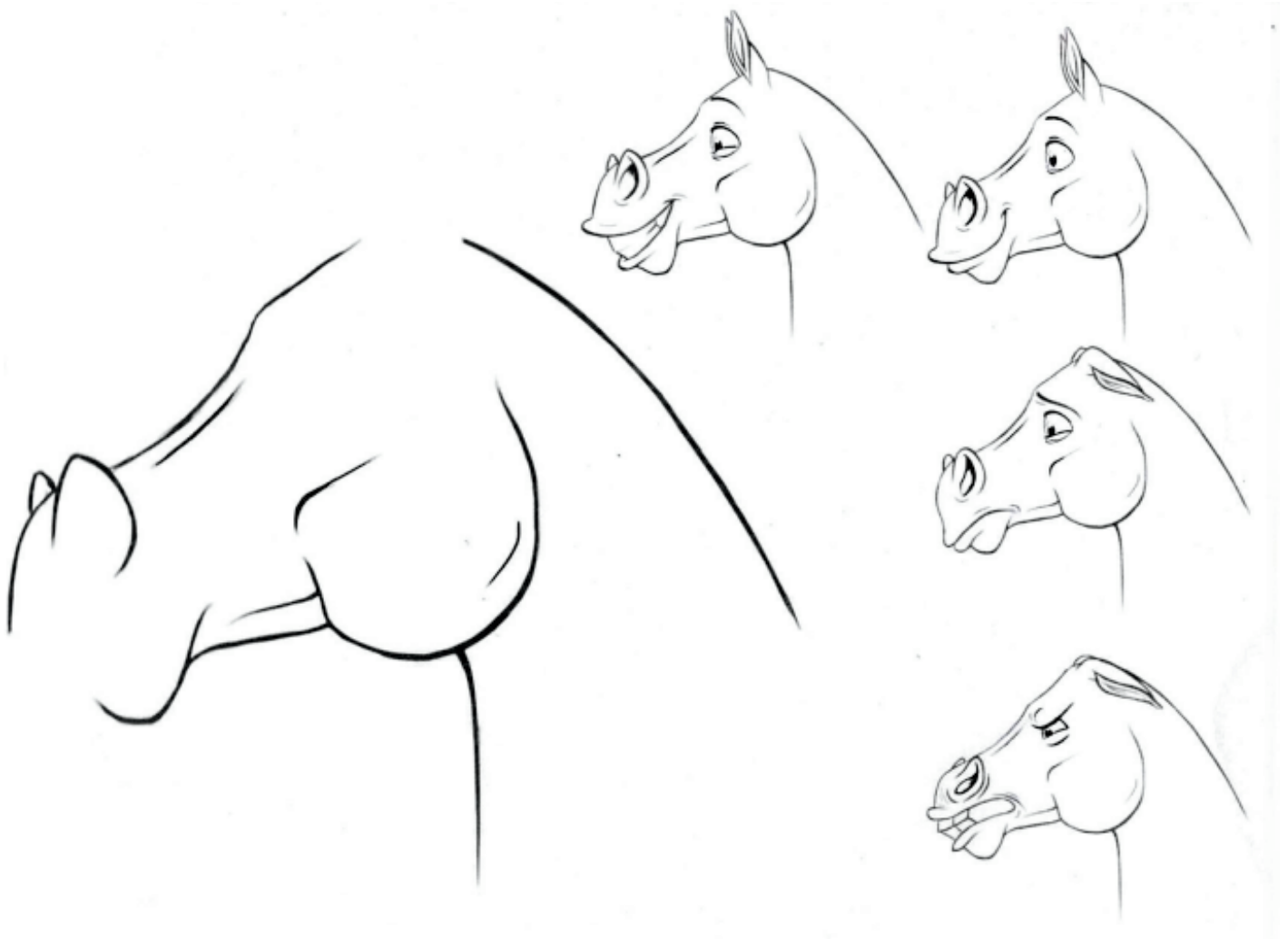


CAN YOU GUESS EACH EMOTION?



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THERAPY PONIES

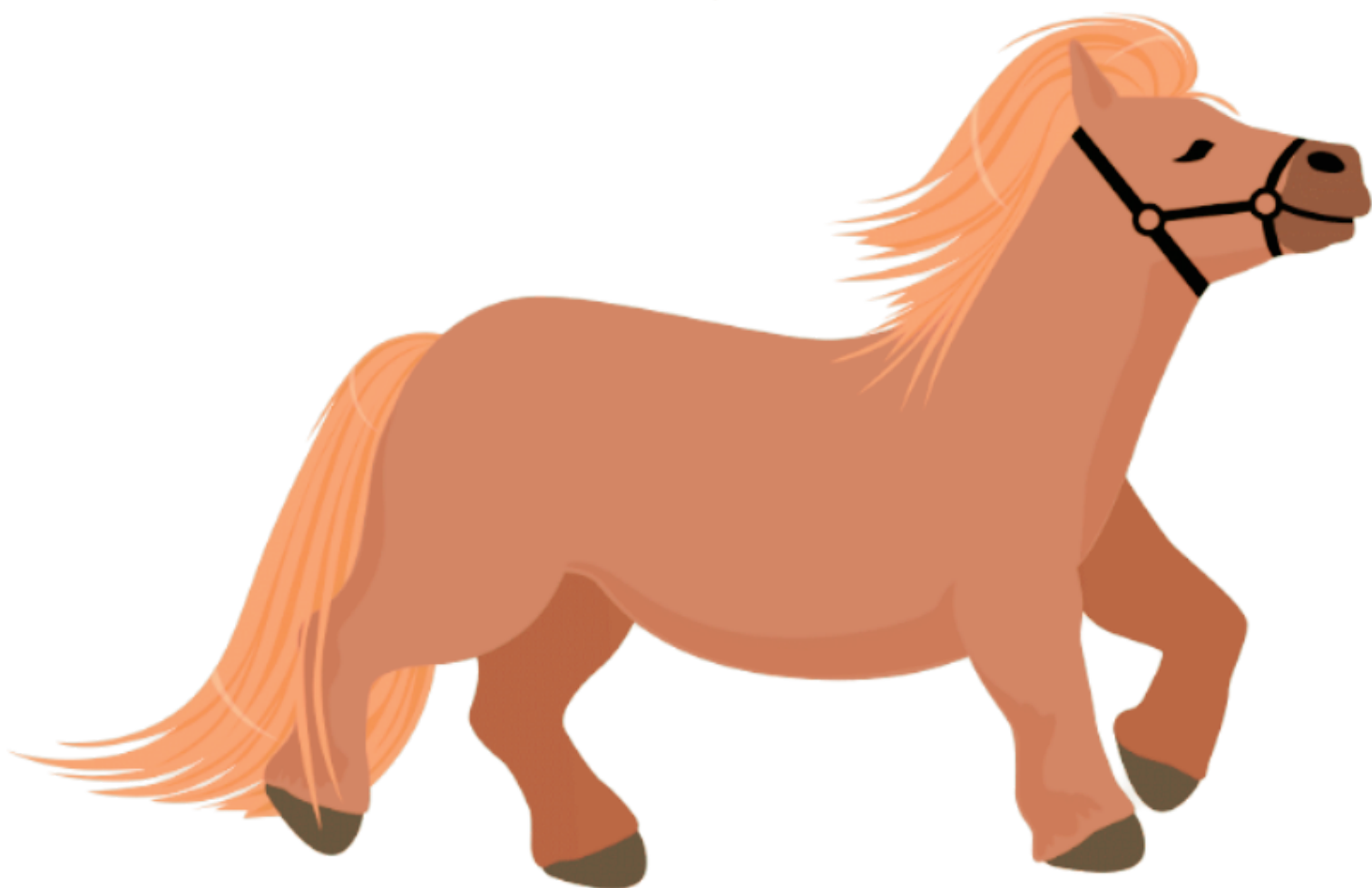
HORSES HAVE FEELINGS TOO!



DRAW HERE HOW YOU MIGHT FEEL
AS A HORSE



WHERE DO WE FEEL OUR EMOTIONS?



CAN YOU LABEL WHERE YOU THINK
PEANUT FEELS HIS EMOTIONS?



TOBI & PEANUT
THERAPY PONIES

DRAW OR WRITE SOME THINGS THAT
CAN MAKE US ANXIOUS OR WORRIED



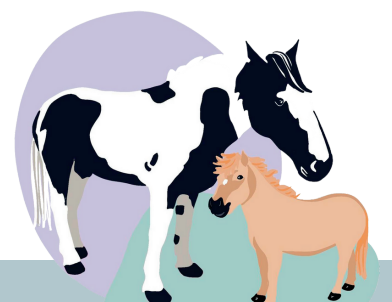
TOBI & PEANUT
THERAPY PONIES



ACCPH
Accredited Counsellors, Coaches,
Psychotherapists and Hypnotherapists

MY COPING WHEEL

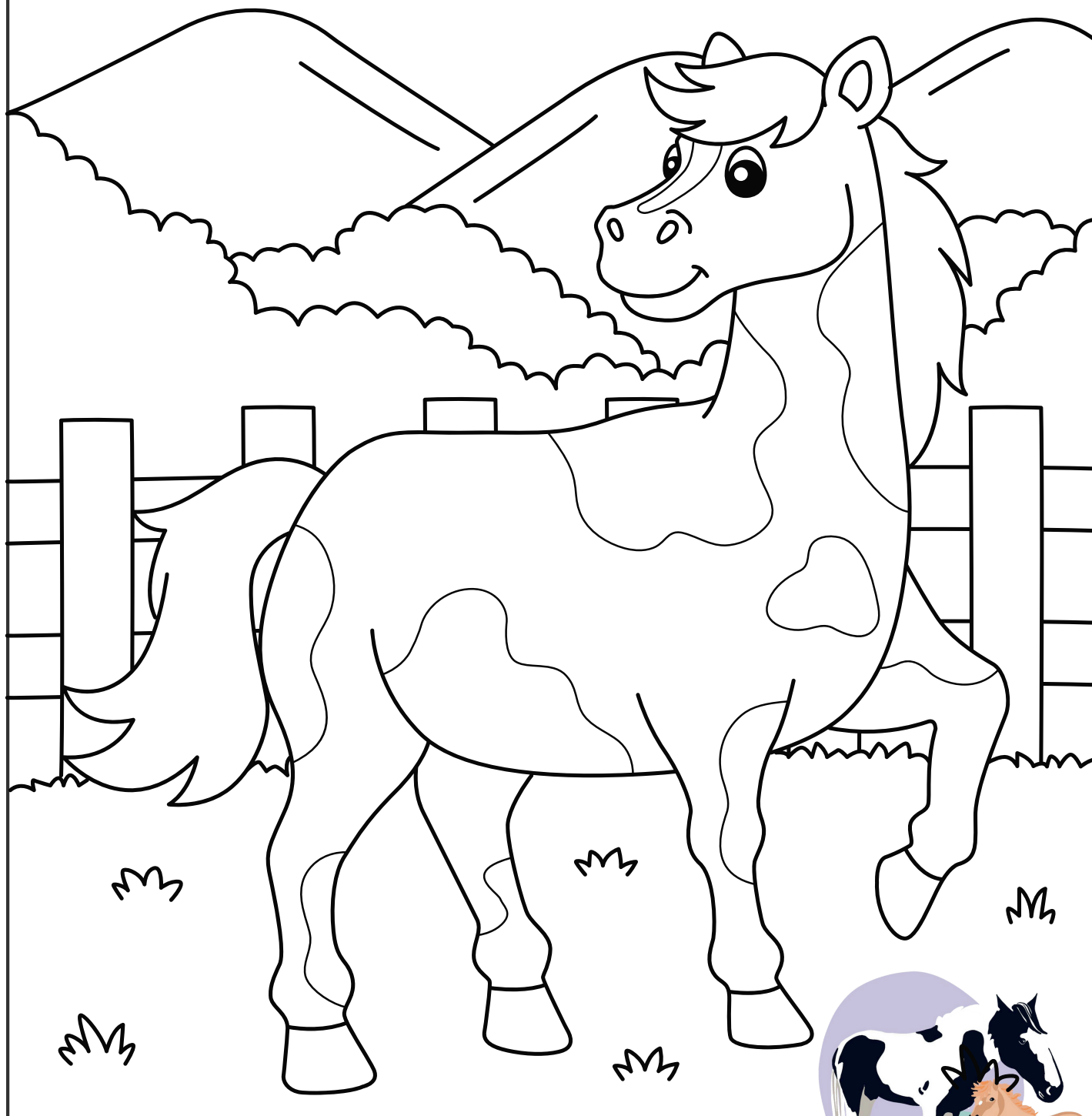
WHEN I AM ANXIOUS OR WORRIED I CAN.....



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THERAPY PONIES

COLOURING CAN HELP WHEN WE FEEL ANXIOUS OR WORRIED

I AM ENOUGH



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THERAPY PONIES