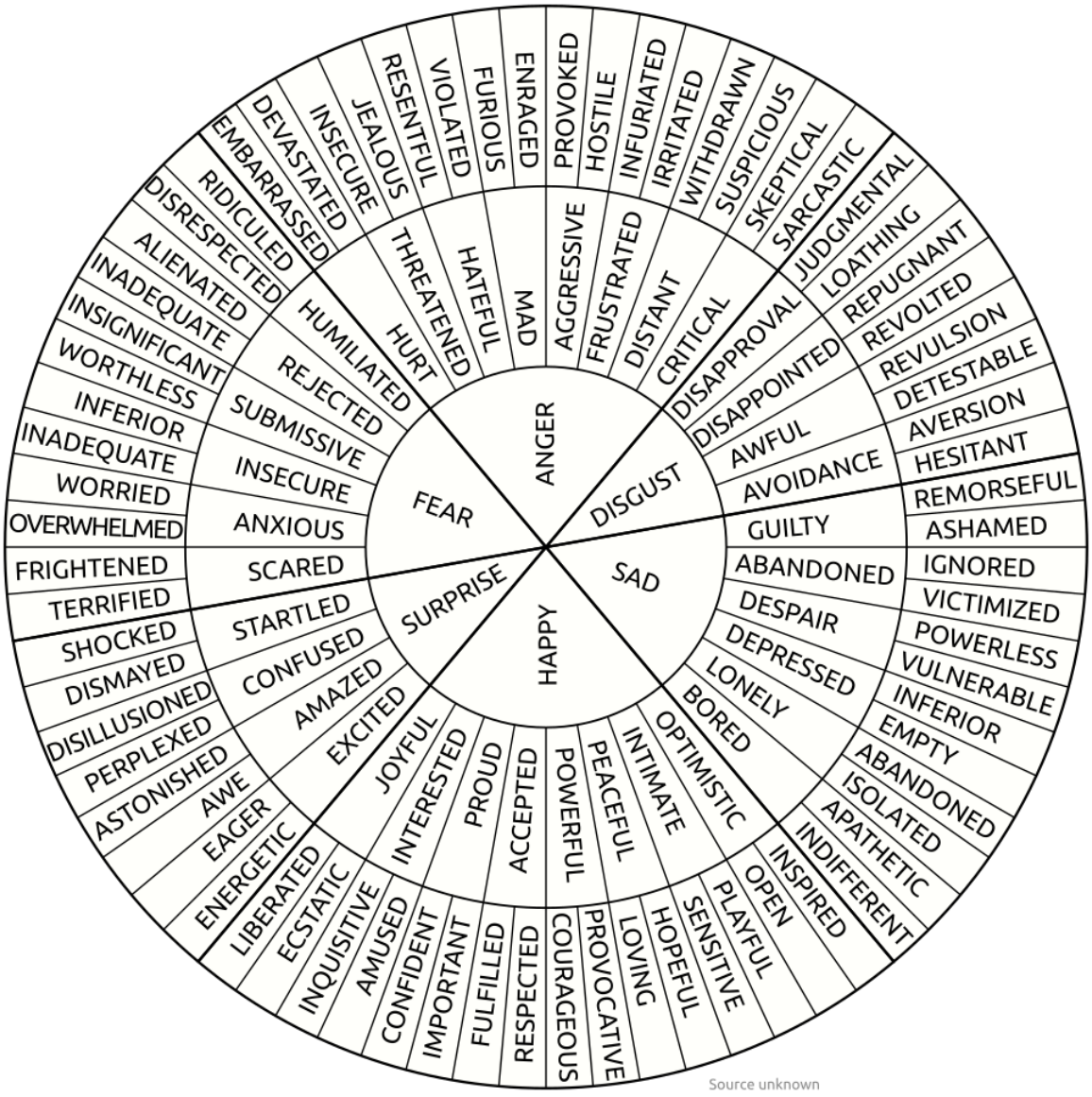
Emotion Wheel

The Mindful Art Teacher

A quick way to check in with your emotions.

At this moment in time, how do you feel, right now?



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