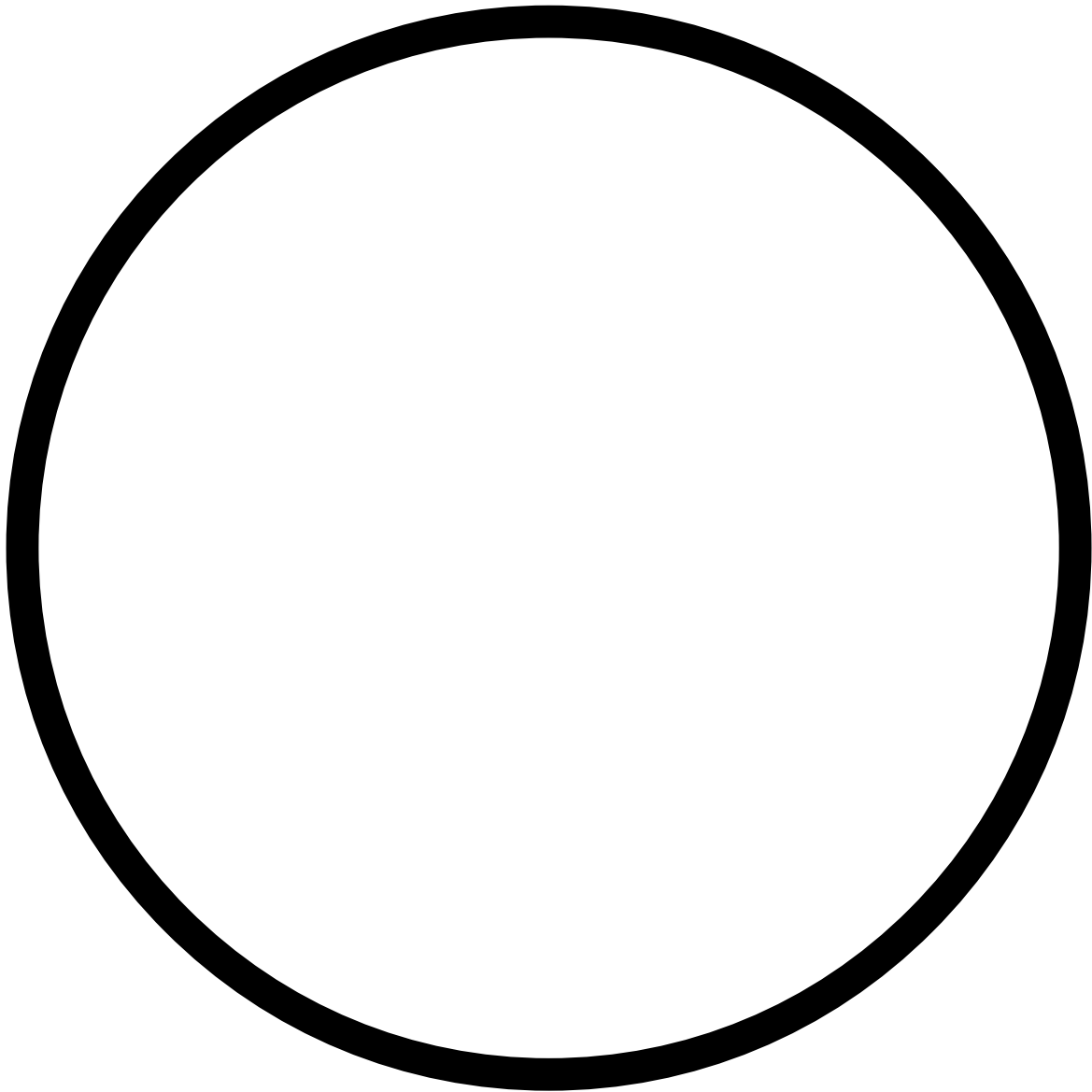


COPING SKILLS WORKSHEET

RELAXATION AND EXPRESSION

MANDALA



A Mandala is a circle, Often used as a symbol for focusing, expression and relaxation. Fill in the Mandala with lines, shapes, colours and patterns that represent emotions you are feeling or have felt before.

Journaling: Discuss the colors, lines and shapes you used and any thoughts or feelings that were present.