

Make Your Own Riptide

The Invisible Riptide is a story about Stella discovering the whirling, swirling feelings that we all feel on the inside AND those that we feel in the world around us and from other people.

Draw your own riptide of emotions.

What feelings does your riptide have in it?

Why do you think we have feelings? What are they trying to tell you?

Write the names of people and activities that help calm your emotional riptide and help you feel emotionally safe.

