Sanctuary Toolkit:

Community Meeting



How are you feeling?
What is your goal for today?
Who will you ask for help?

Need a break from "How are you feeling?"

Try one of these alternatives:



- **Choose an animal that would describe how you feel & share the reason why**



- **Choose a color that represents what you are feeling & share the reason why**



- **Choose a food/fruit that describes how you feel & share the reason why**



- **Choose a piece of clothing that describes how you feel & share the reason why**



- **Choose a movie or TV show that describes how you feel and & share the reason why**



- **Choose a song that describes how you feel & share the reason why**



- **Choose a location that describes how you feel & share the reason why**

Palm Beach County
Board of County Commissioners

Palm Beach County YOUTH Services
Growing Brighter Futures