

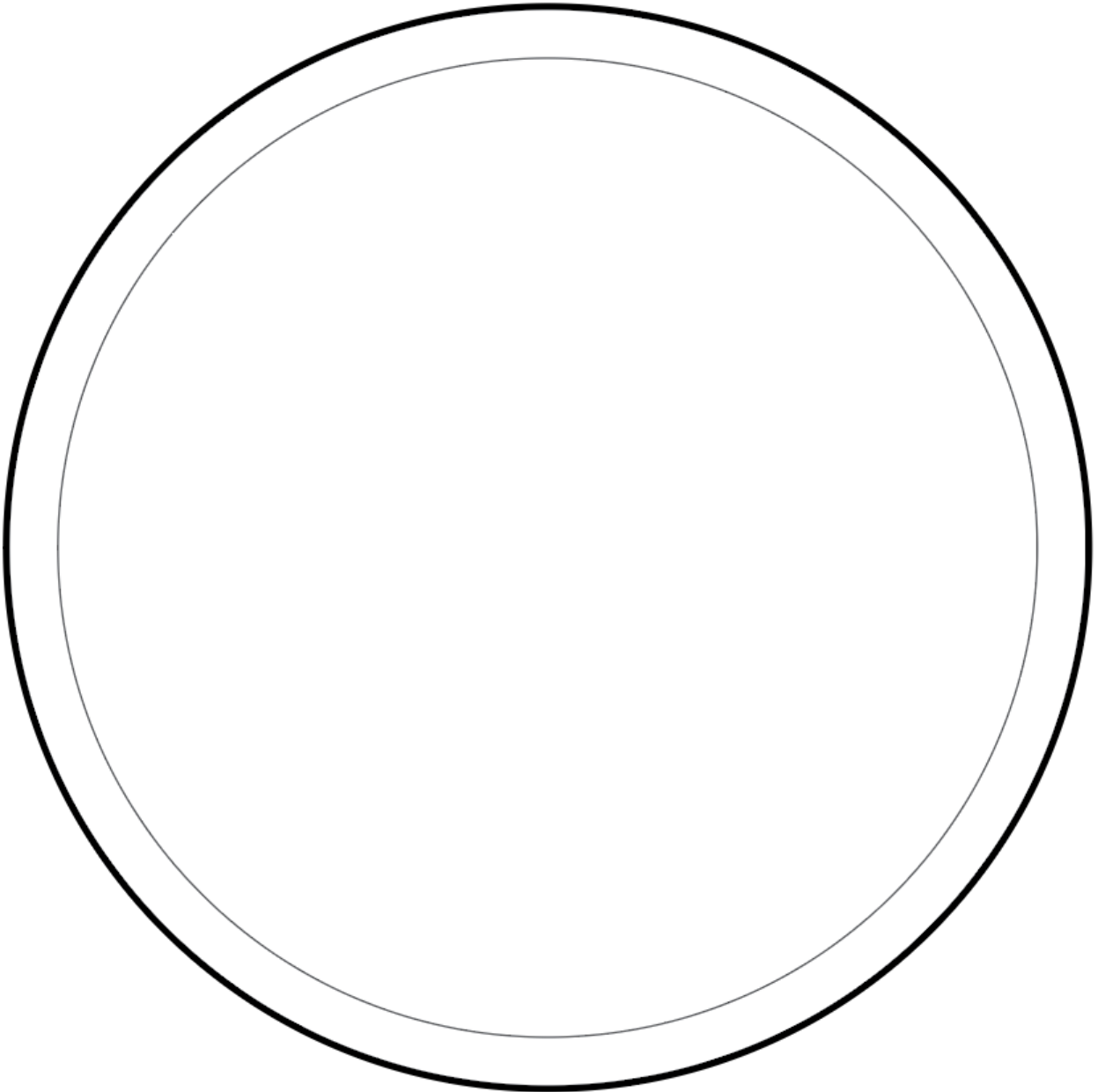
Suggestions for feeling ok, if only for a moment  
Chapter 1: Tray Game

We, people, feel a lot of feelings. Sometimes, you notice that you or someone else is feeling some feelings. Tray Game is a game for making a small gesture to acknowledge and sooth your feelings or another's feelings. How to play:

1. Notice a feeling that needs soothing in yourself or someone else.
2. Get a tray. Many things can be a tray: a frying pan, a piece of cardboard, a plate.
3. Gather things from around your house. You can gather food or objects. With food, you can do small things to make the food a little special. For example, if you have an apple, slice the apple in two different ways (in wedges and in flat circles) and arrange on a plate. You can make a decorative serviette with a piece of paper and a pencil. Draw a pattern on the paper and place it on your tray.
4. Assemble your objects and food on the tray in a composition that pleases you.
5. Deliver the tray to someone or yourself and exclaim:
6. Tray Game!

For inspiration, here are some past Tray Games:





Draw a tray of all the things and food that make you feel happy, comforted, and smiley.  
When your tray is ready, proclaim, Tray Game!