

Send your mailing address to
Relationshipskills@DibbleInstitute.org
to receive your **free Poster and Pop-socket sticker** promotional package!



A project of The Dibble Institute. Created by youth for youth. PLEASE POST

Me&My Emotions



Feeling lonely, stressed, or overwhelmed?
Play Me & My Emotions to help calm down...
Free website for teens: MeAndMyEmotions.org

Play on your phone:

- Earn points and awards
- Watch fun videos
- Learn the skills to bounce back



Join Our Community!

 [@meandmyemotions_official](https://www.tiktok.com/@meandmyemotions_official)

 [@meandmyemotions_official](https://www.instagram.com/meandmyemotions_official)

