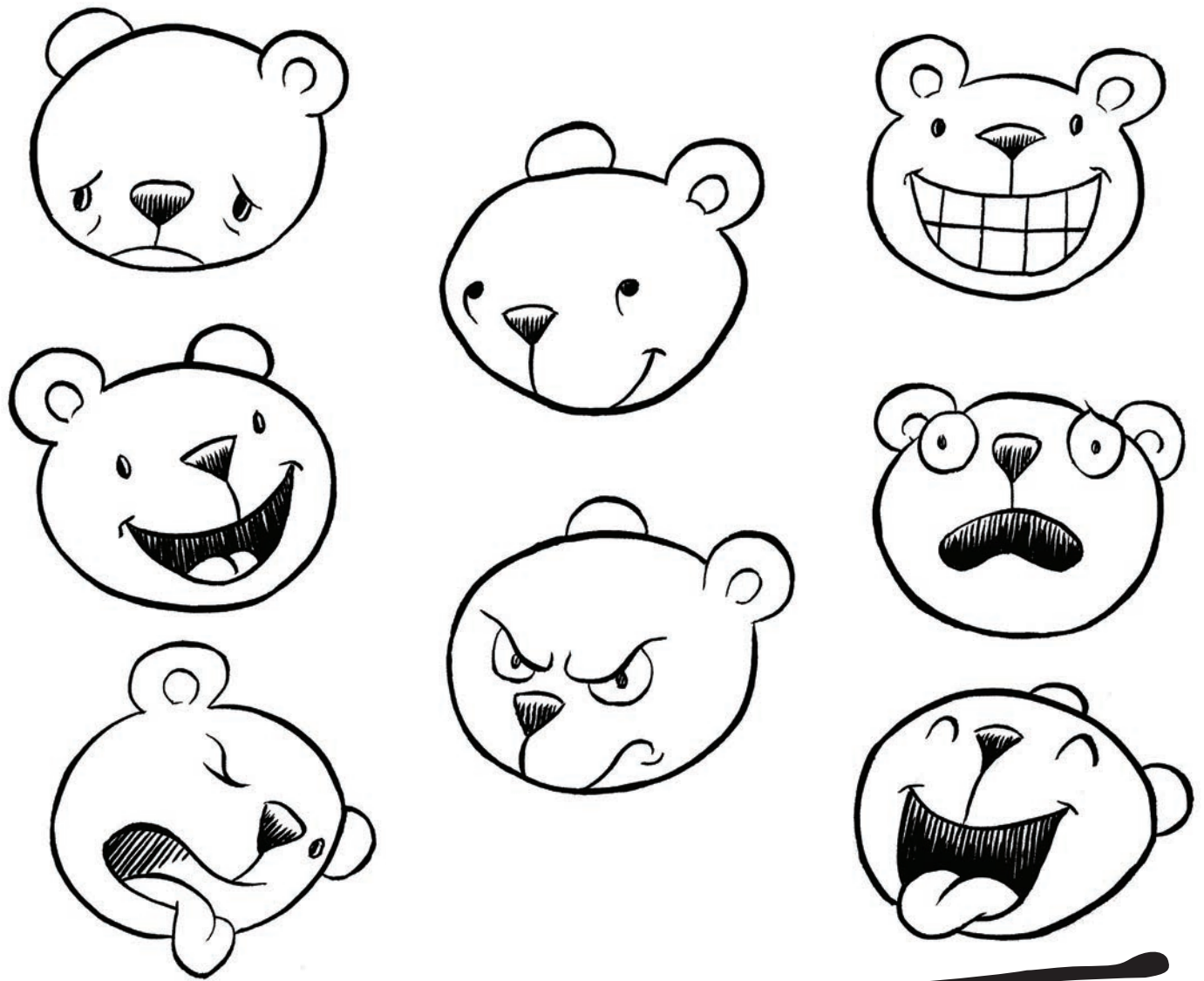




**YOUR JOURNEY**  
With *Champ*







Just like you, I have a lot of feelings. Can you spot where I feel happy? What about sad, scared or frustrated?



Asking for help is being  
**STRONG**, not weak!

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REMEMBER, even if grown-ups seem really busy, they are  
never too busy to listen and always want to know how you feel





