



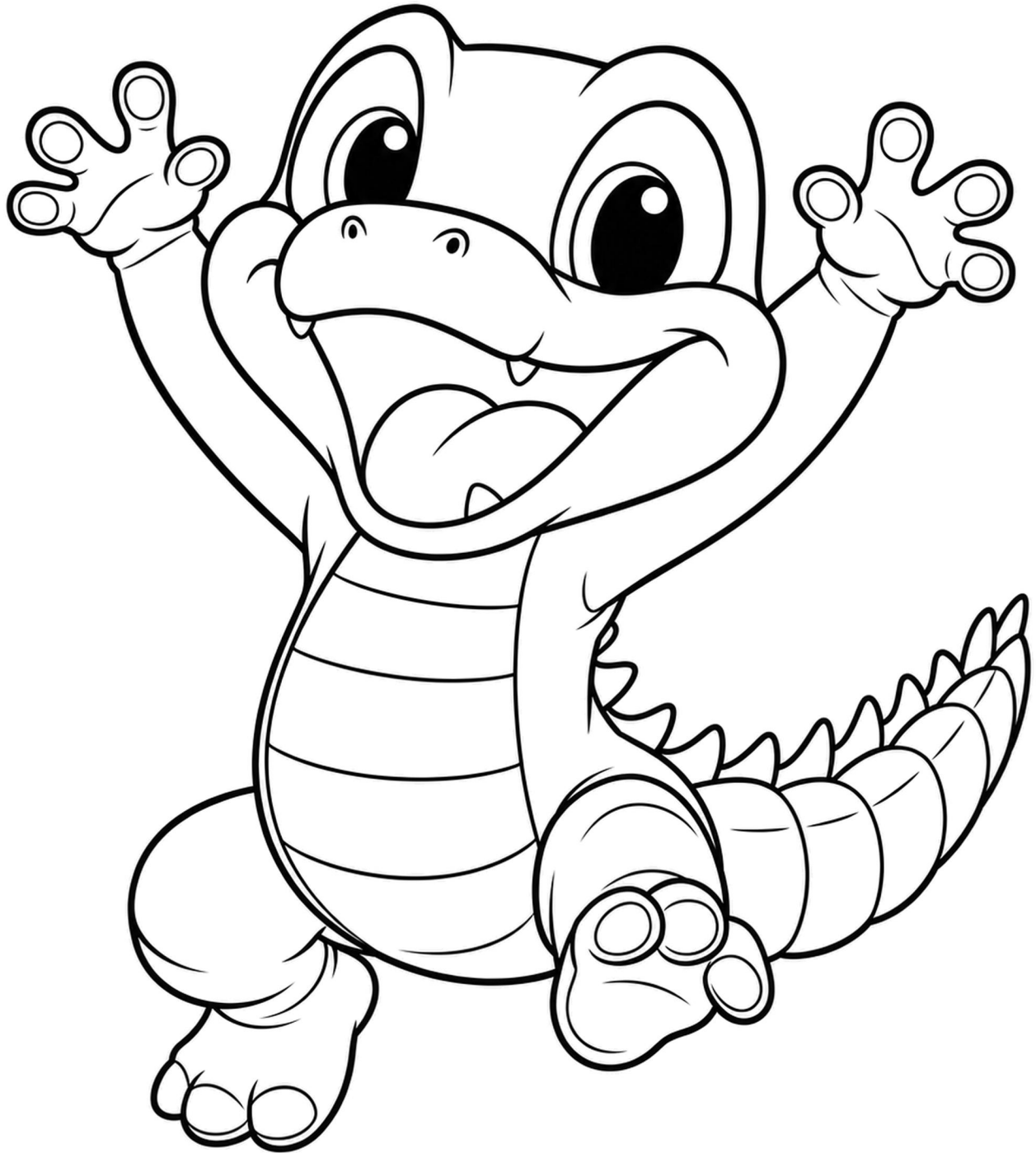
Hux the Hedgehog · Angry

"It's okay to feel what you feel!"



Cubby the Chipmunk · Worried

"It's okay to feel what you feel!"



Gumbo the Alligator · Happy

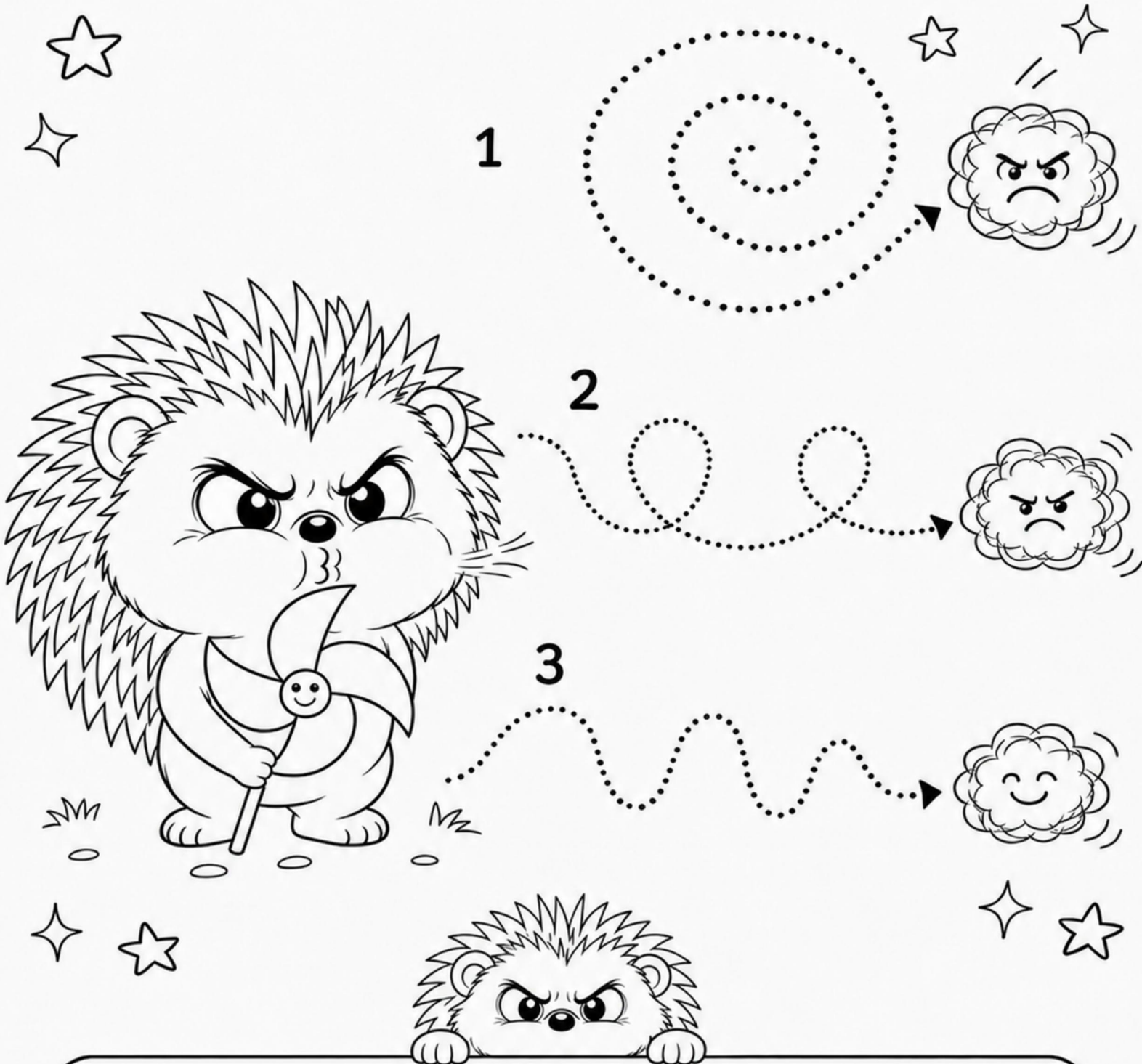
"It's okay to feel what you feel!"

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Blow the mad away.

Hux is feeling angry.

Trace each dotted breeze with your finger,
then a crayon — take a big slow breath and BLOW like a pinwheel!



HUX'S TIP: "When I feel angry,
I can picture a pinwheel and blow until my mad floats away."