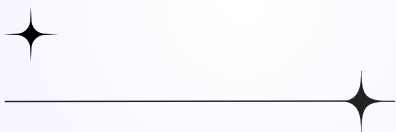


# *THE ROLE RUCKSACK*

*Crafted, with care and creativity, by Dramatically Yours Dramatherapy*



Download this blank rucksack  
and fill it with the roles you  
carry day to day.



You might write their names,  
draw symbols, or describe  
how they feel in your body.



This is simply a way to notice  
– not define – who's been  
showing up lately.