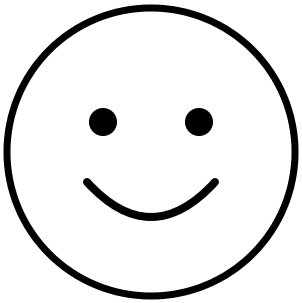
How do I feel today?

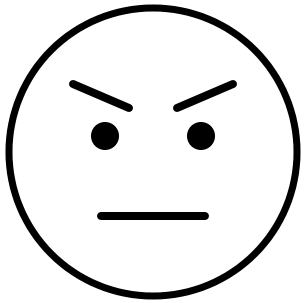
Colour in the faces that show how you feel. You might feel lots of things at once. All feelings are okay.



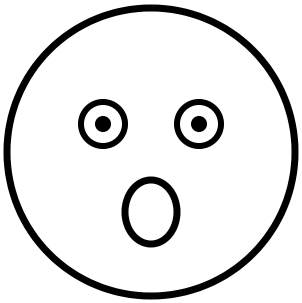
Happy



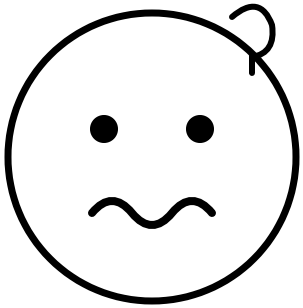
Sad



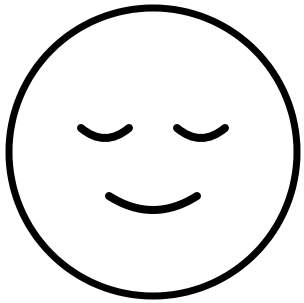
Cross



Scared



Muddled



Calm

Today I feel _____