Today I feel…

Name _____



Happy



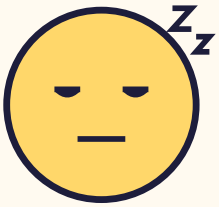
Sad



Angry



Worried

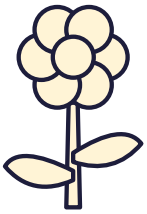


Tired

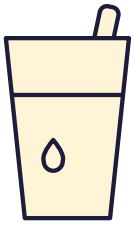


Calm

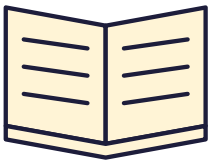
What could help?



Take slow breaths



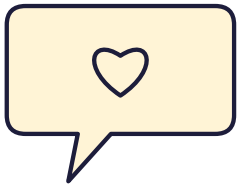
Have a drink of water



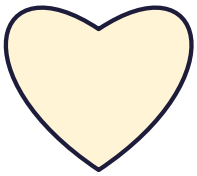
Quiet corner with a book



Draw how I feel



Tell a grown-up



A hug or a cuddly toy