I FEEL

Circle the picture of how you feel right now!
(or draw your own)



HAPPY



SAD



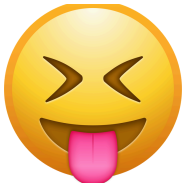
MAD



LOVED



SURPRISED



SILLY



FRUSTRATED



TIRED



WORRIED

I NEED

What might help you right now?



A HUG



TIME ALONE



BIG BREATH



READ A BOOK



LISTEN TO MUSIC



QUIET PLEASE



SWING



A DRINK



A SNACK



COLOUR/DRAW



A BREAK

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