

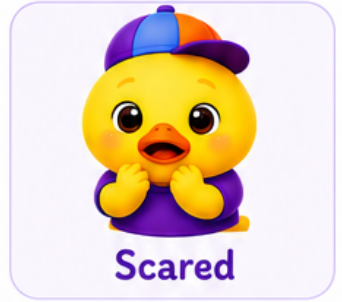
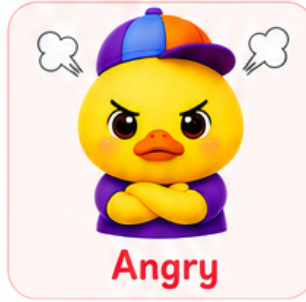


Today I Feel

It's okay to have big feelings.
Let's name them together.

1. How do I feel today?

Circle or colour the feeling that matches how you feel right now.



2. How strong is this feeling?

Colour a star to show how strong this feeling feels right now.



Not strong

a little

medium

strong

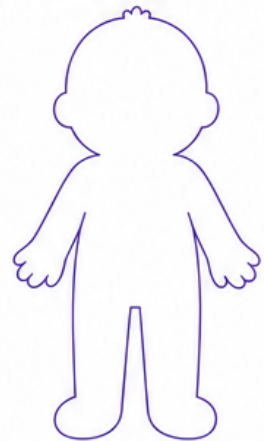
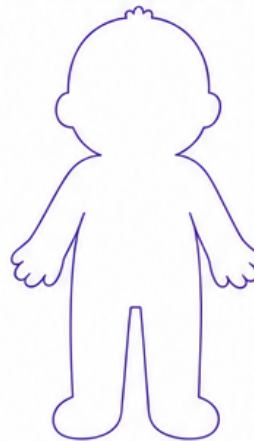
Very strong

4. What might have caused this feeling?

Draw or write about what happened.

3. Where do I feel it in my body?

Colour or draw where you feel this feeling.



5. What can help me feel better?

Colour the things that can help you.



Take deep breaths



Listen to music



Read a book



Hug a soft toy



Drink some water



Draw or colour



Talk to someone

