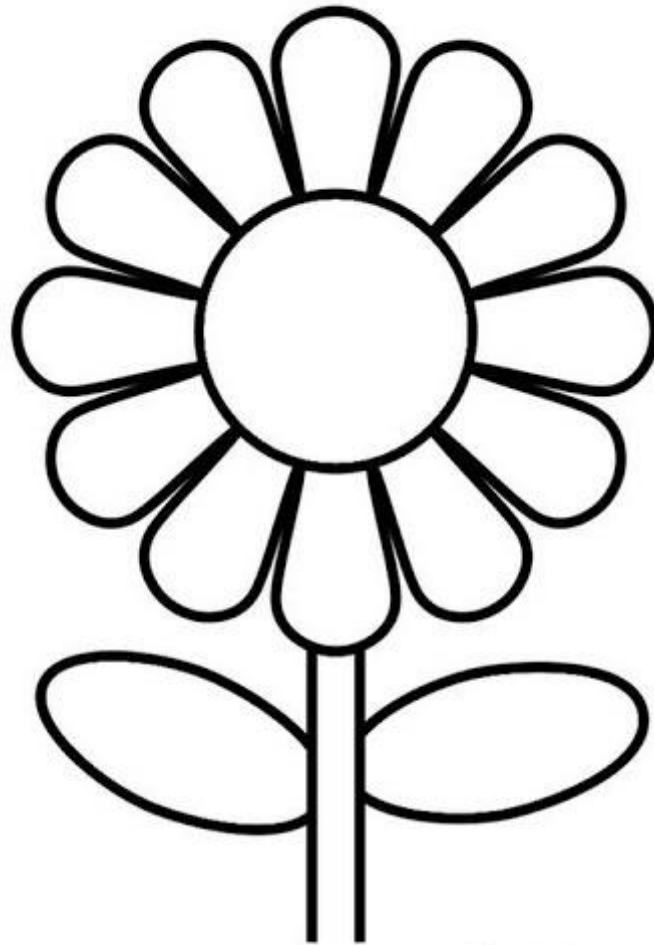


Feelings Flower – Wellbeing Check in



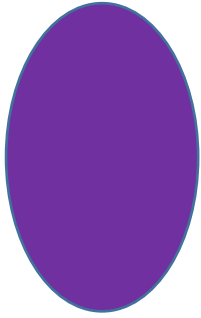
How am I feeling?

Colour a petal to show how you are feeling. Inside the flower you could write a word that describes how you feel or a reason why you feel this way. Record the good & the bad. *'Its ok not to be ok'*.

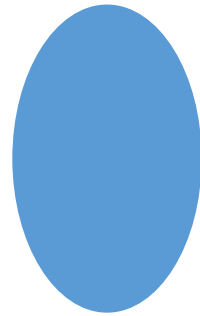
Feelings Chart

I am feeling

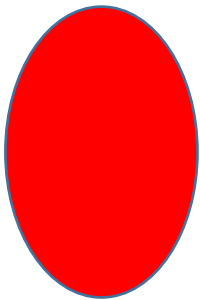
Bored



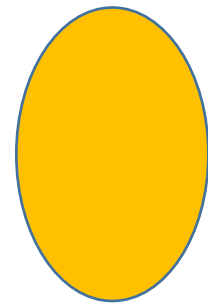
Sad



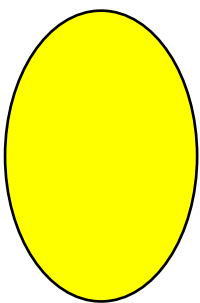
Angry



Worried



Happy



Lonely

