

Right now, I am feeling...



Awesome

Thrilled

Cheerful

Happy

Grateful

Proud

Excited

Calm

Ok

Unhappy

Upset

Unwell

Down

Lonely

Worried



I am feeling this way because...

Remember it's ok to feel not so great!

What do you want to do next? Have a look at the wellbeing cards for some suggestions.

Date:



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