

Right now, I am feeling...



Awesome
Thrilled
Cheerful
Happy
Grateful
Proud
Excited

Calm
Ok



Unhappy
Upset
Unwell

Down
Lonely
Worried
Anxious
Miserable



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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