



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...

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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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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.



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