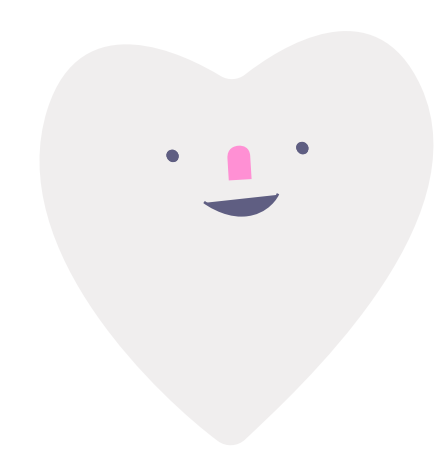
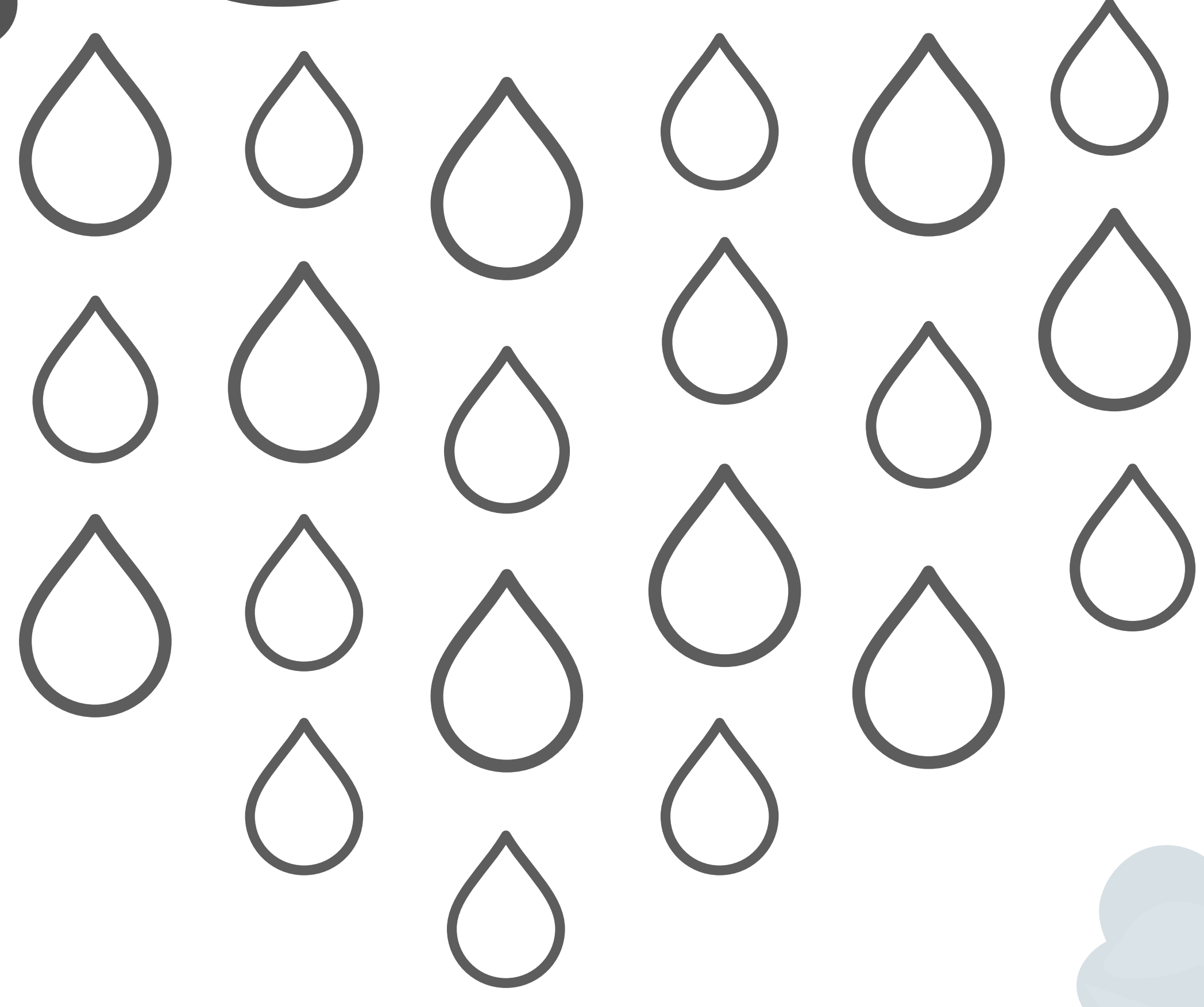


Feelings Cloud

Mental Health Check-In



How am I feeling?

Colour a raindrop each day to show how you're feeling. Inside the cloud you could write a word that describes how you feel or a reason why you feel this way. Record the good and the bad, it's ok not to be ok.

