



My Feelings Today

If you feel sad or worried, it is important that you tell somebody who cares about you, as they may be able to help you.

If I feel sad or worried I know that I can speak to

..... Or

Today I feel ☺ ☹

Because

Today I feel ☺ ☹

Because

Today I feel ☺ ☹

Because

Happy

Proud

Excited

Calm

Sad

Angry

Anxious

Worried