

# HOW ARE YOU TODAY?

Sometimes it's tricky to immediately know how we're feeling. Take your favourite pencil, find a comfy spot to sit down and use this worksheet to put your finger on how you're doing.



Today, I'm feeling...

- |                                  |                                   |
|----------------------------------|-----------------------------------|
| <input type="checkbox"/> HAPPY   | <input type="checkbox"/> EXCITED  |
| <input type="checkbox"/> ANGRY   | <input type="checkbox"/> SAD      |
| <input type="checkbox"/> NERVOUS | <input type="checkbox"/> ANNOYED  |
| <input type="checkbox"/> SCARED  | <input type="checkbox"/> CONFUSED |

SOMETHING ELSE: \_\_\_\_\_

I feel this way because...

\_\_\_\_\_

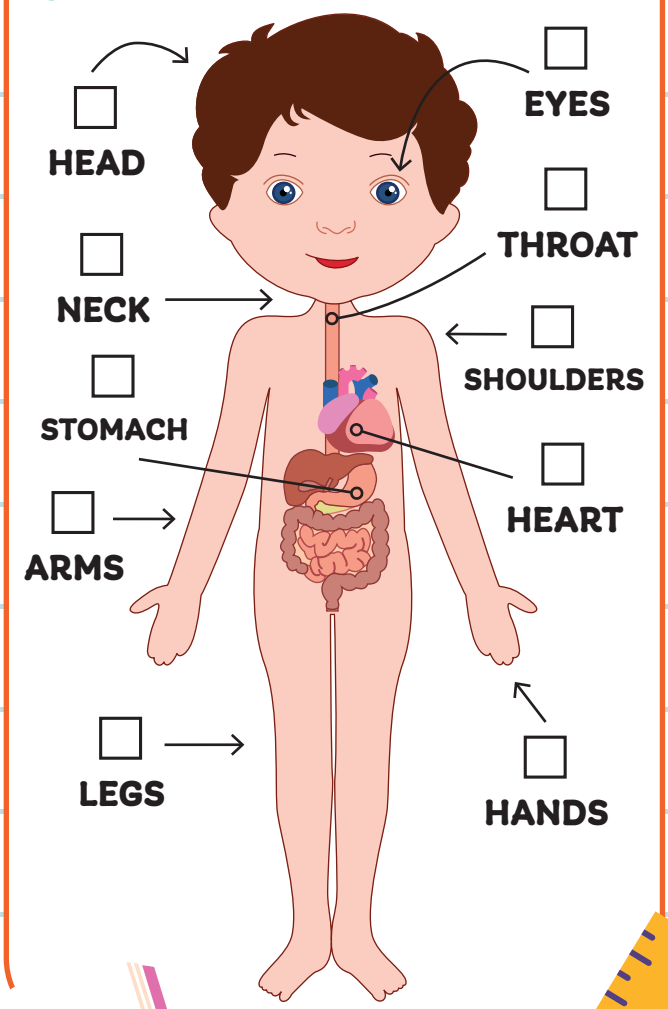
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I feel it in my...



If the feeling is too big, I can do these things to feel better...

GET OR GIVE A HUG



TALK ABOUT IT WITH SOMEONE I LOVE



LISTEN TO MY FAVOURITE MUSIC

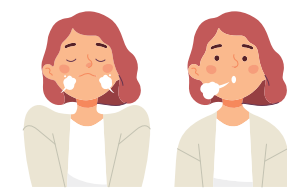


HELP SOMEONE ELSE



GO OUTSIDE FOR SOME SUNSHINE AND FRESH AIR

TAKE FIVE DEEP BREATHS



GO FOR A WALK



WATCH A FUNNY VIDEO

Today, I am grateful for...

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Tomorrow will be good because...

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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