







# How Are You Feeling?

|   |   |  |   |   |
|---|---|--|---|---|
| Happy<br>      | Okay<br>     | Not Great<br> | Silly<br>  | Upset<br>  |
| Thoughtful<br> | Confused<br> | Worried<br>   | Scared<br> | Sad<br>    |
| Annoyed<br>   | Angry<br>   | Peaceful<br> | Sick<br>  | Tired<br> |

**Choose at least one question that you would like someone to ask you:**

|   |  |
|---|--|
|  | What was the best part of your day?          |
|  | What was the hardest part of your day?       |
|  | What worries did you have today?             |
|  | What is something you're looking forward to? |
|  | What would you like me to know?              |
|  | How can I help you feel better?              |