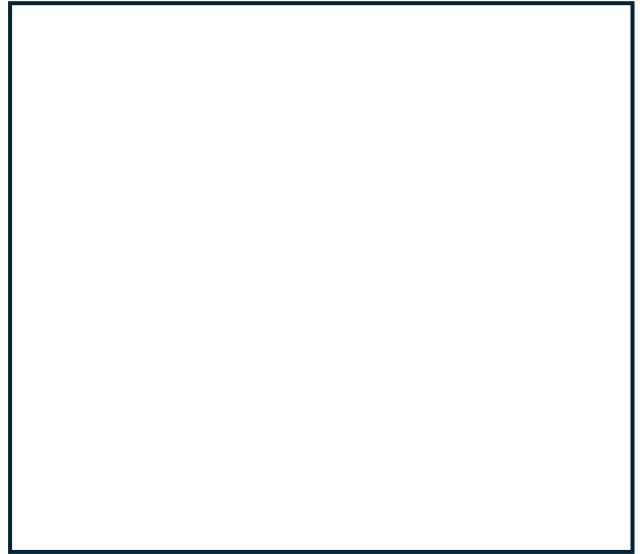


DATE: / /

COLOUR ME IN:

MY DRAWING:



Today, I feel: _____

I feel like this because: _____

When I feel like this, I want to: _____

To help me feel better, I can: _____

My grown-up can help me by: _____
