



Activity 2: Today I am...

10	<p>Feeling happy</p>	<p>Feeling tired</p>	<p>Feeling angry</p>
9			
8	<p>Feeling out of sorts</p>	<p>Feeling bored</p>	<p>Feeling fed up</p>
7			
6	<p>Feeling excited</p>	<p>Feeling low</p>	<p>Feeling sad</p>
5			
4	<p>Feeling worried</p>	<p>Feeling hurt</p>	<p>Feeling unwell</p>
3			
2	<p>Feeling loved</p>	<p>Feeling embarrassed</p>	<p>Something else... ?</p>
1			