

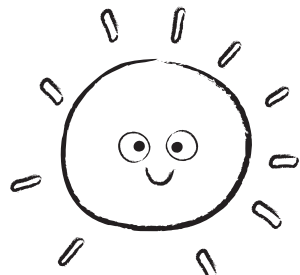
MY WEATHER REPORT

Today is:

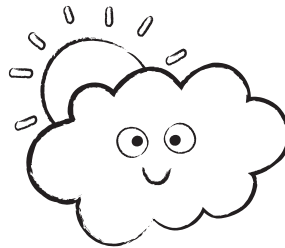
DATE

DAY

Tick the boxes and/or colour in to show your personal weather report today (choose as many as you like)



Brilliant!



Good



Mixed but positive



OK-ish



Meh



Sad



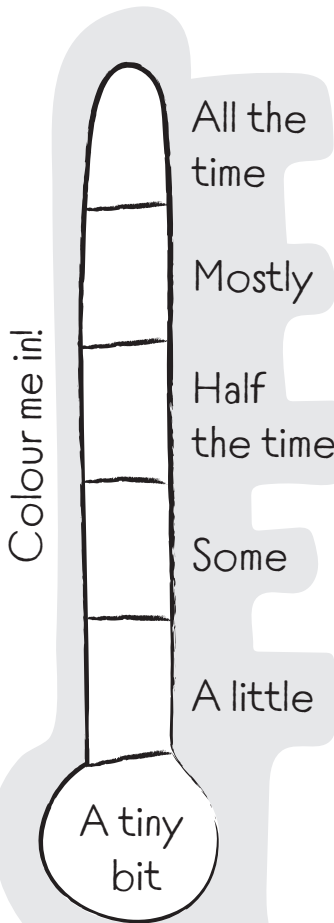
Really sad



Sad, angry, frustrated



REALLY BAD! I need help!



**LATELY,
I'VE BEEN FEELING...**

- Happy • Worried • Optimistic
- Sad • Excited • Disappointed
- Bored • Angry • Content •
- Tired • Annoyed • Calm

**SOMETHING I CAN DO TO FEEL
(EVEN) BETTER IS...**