

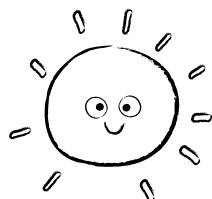
MY WEATHER REPORT

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!

Colour me in!

All the time

Mostly

Half the time

Some

A little

A tiny bit

**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...**