

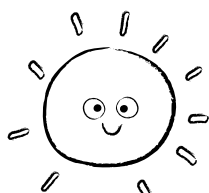
# MY WEATHER REPORT

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...**