

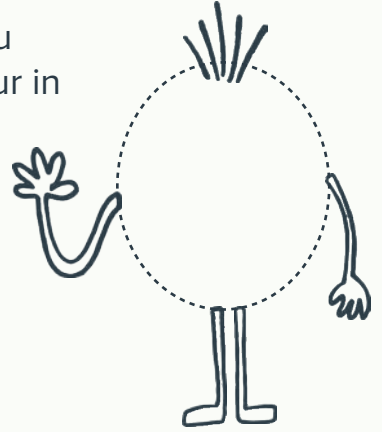


# How Are You Feeling Today?

What colour is your feeling?



Where do you feel this colour in your body?

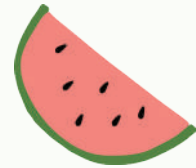


How big is your feeling?

Does it feel as BIG as a house?



Or does it feel middle-sized... like the size of a watermelon?



Or as small as a dragonfly?

If you could touch your feeling. How might it feel?



Spikey



Prickly



Bumpy



Wibbly wobbly



Hard



Soft

What else would you like to say about your feeling?