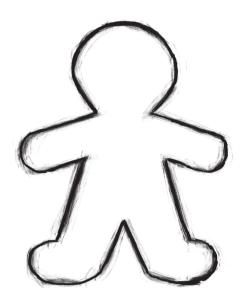
## How Are You Feeling Today?

## What colour is your feeling?

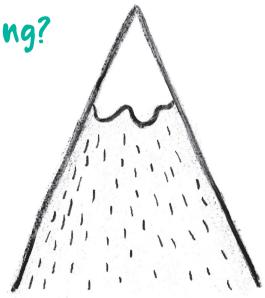


Where do you feel this colour in your body?



How BIG is your feeling?

Does it feel as BIG as a mountain?



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





Or as small as a button?

## If you could touch your feeling, how might it feel?

bumpy prickly

flat swirly

wibbly wobbly

soft hard

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What else would you like to say about your feeling?