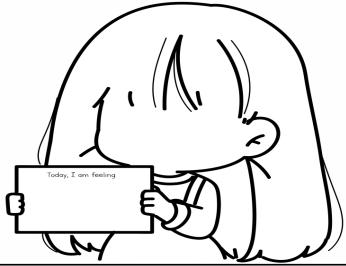
Name	Date
Name	 Date

HOW ARE YOU FEELING TODAY?

Draw a picture of what your face look like today, then answer the questions below.



I am feeling this way because:		
Some things I can do to help myself feel better are		
l		
2		
3		
Some things others can do to help me feel better are_		
l		
2		
Right now, I need		