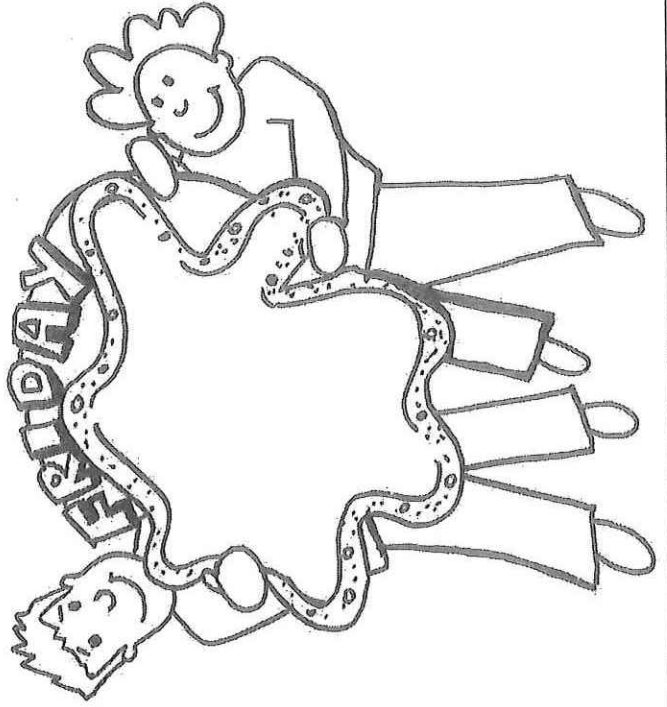
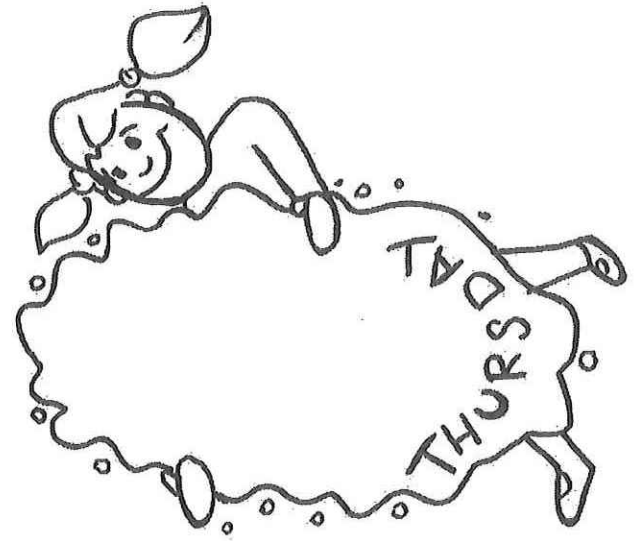
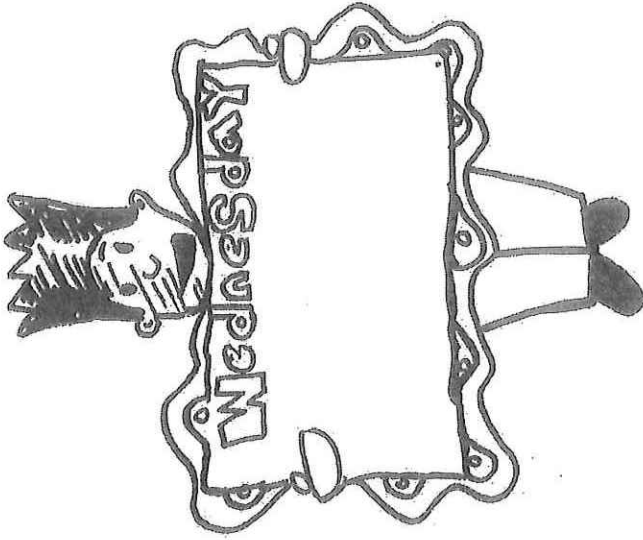
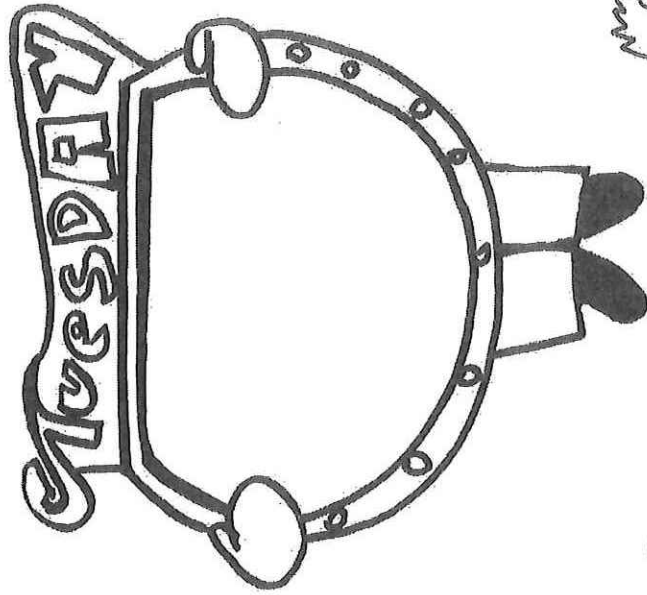
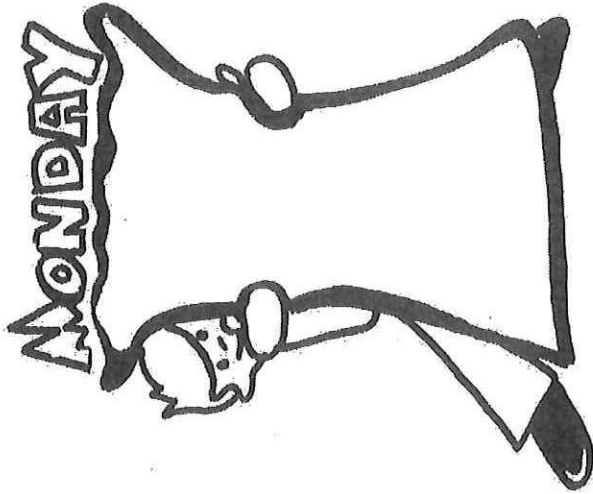


Activity sheet 1a – Mood Chart – How are you feeling today?

Draw and colour in your mood for each day in these mirrors, or stick on the faces that match how you feel.



Activity sheet 1b – Mood Chart – How are you feeling today?

Cut out the faces that match how you feel and stick onto the Mood Chart

