

Draw the face that best represents how you feel at two different times in the day.



Very happy



Happy



Not sure



Not happy

Day 1
When I woke up I felt:

Because:

Day 1
Now I feel:

Because:

Day 2
When I woke up I felt:

Because:

Day 2
Now I feel:

Because:

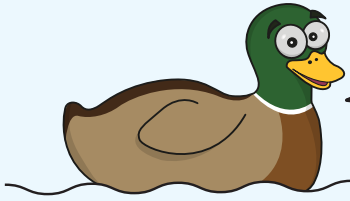
Day 3
When I woke up I felt:

Because:

Day 3
Now I feel:

Because:





Draw the face that best represents how you feel at two different times in the day.



Very happy



Happy



Not sure



Not happy

Day 4

When I woke up I felt:

Because:

Day 4

Now I feel:

Because:

Day 5

When I woke up I felt:

Because:

Day 5

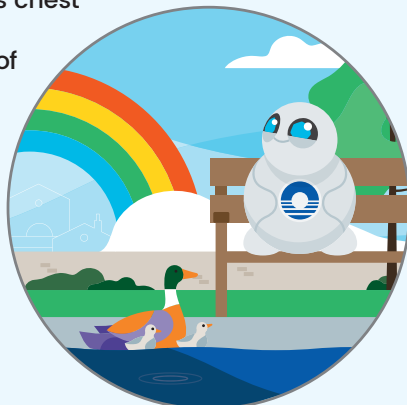
Now I feel:

Because:

Meet Well-B

Well-B is our friend who enjoys relaxing by our canals. When Well-B feels happy the monitor on Well-B's chest fills with colour.

Draw your own picture of Well-B and show how happy you think Well-B is feeling.



A Week of Wellbeing