



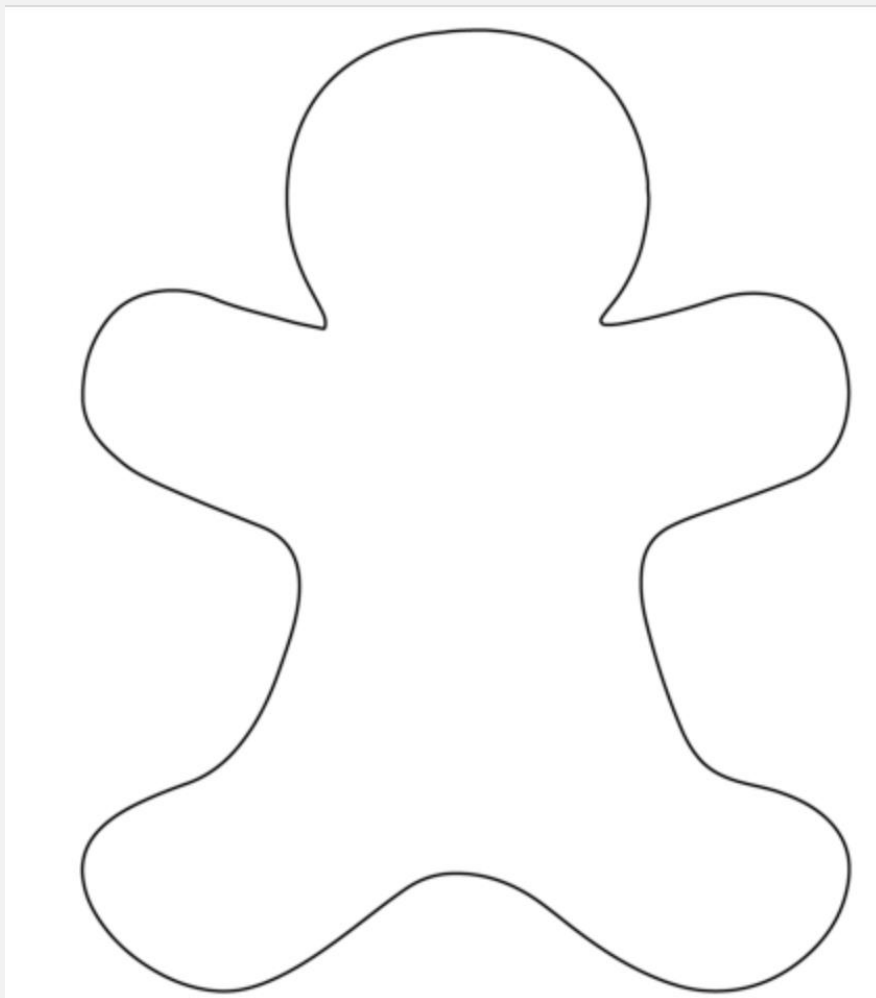
What's happening?

1. Print this
2. Think about what's happening when you feel **GOOD**.
3. What does it feel like inside you – in your head, your tummy, what are your hands doing, your feet, etc. Write or draw them inside the body shape.
4. What is happening outside you when you feel good? Write or draw them outside the body shape.
5. Think about what it feels like when you feel **UPSET**.
6. What does it feel like inside you – in your head, your tummy, what are your hands doing, your feet, etc. Write or draw them inside the body shape.
7. What is happening outside you when you feel bad? Write or draw them outside the body shape.





What's happening when I feel good? 😊

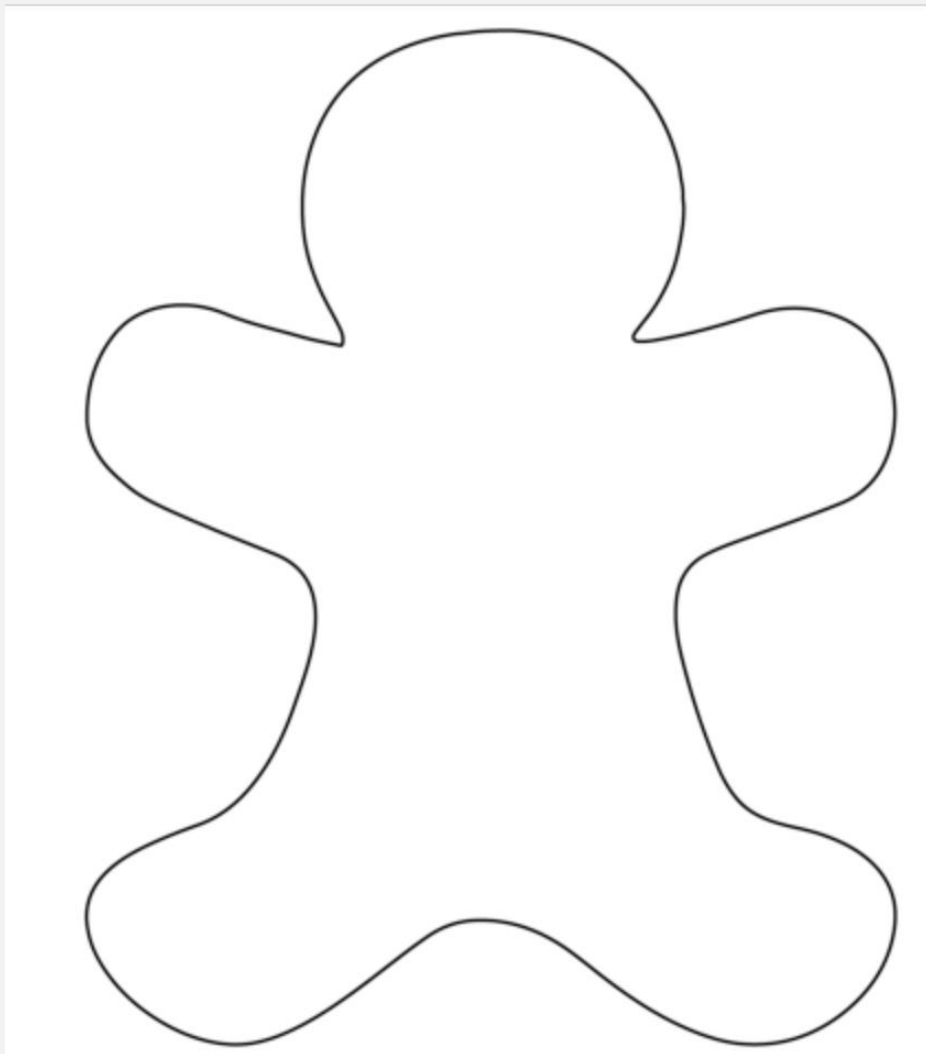


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What's happening when I feel upset? 🗨️



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Well done!!



**Understanding what's happening
is the first step
to learning strategies
that can help!**



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