



Where are you today?

Draw an x to show where you are

Are you on the
top of the hill?
How does that
make you feel?



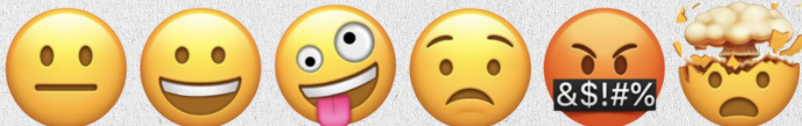
Are you in
the middle?
That's ok too!



Are you down
here? How
does that make
you feel?



Circle how
you feel





Now and Next

Write or draw a picture!

Now



What do you need to do straight away?



Next



Then what?

