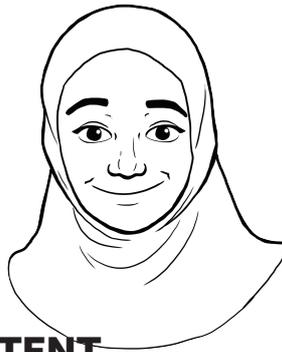


ACTIVITY ONE: RECOGNISING AND EXPRESSING YOUR EMOTIONS

Circle how you're feeling right now.



CURIOUS



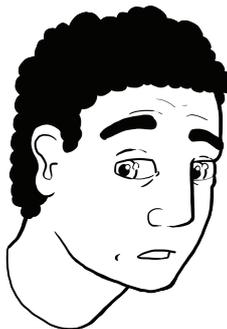
CONTENT



INTERESTED



FRUSTRATED



WORRIED

I'm feeling something different:

**DRAW
HERE**

Create (draw or write) something to express an emotion you have felt in the past: