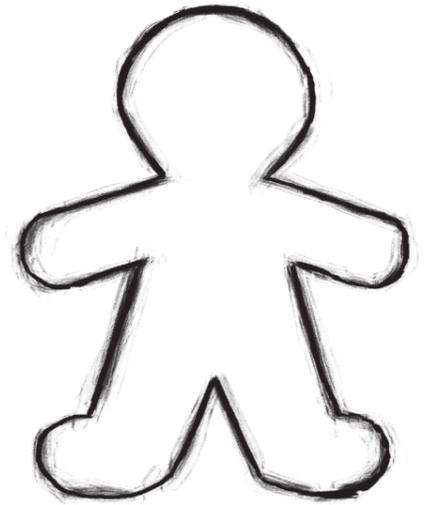


# How Are You Feeling Today?

What colour is your feeling?

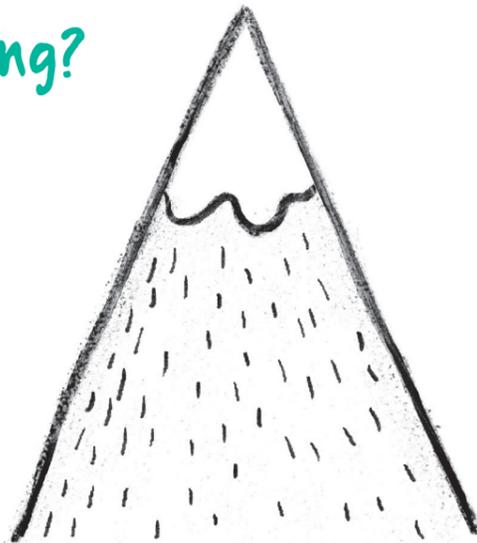


Where do you feel this colour in your body?

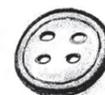


How BIG is your feeling?

Does it feel as BIG as a mountain?

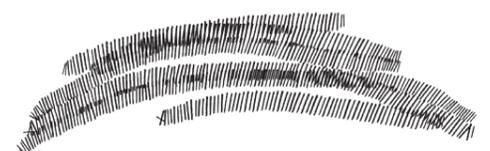


Or does it feel middle-sized ... like the size of a chair?



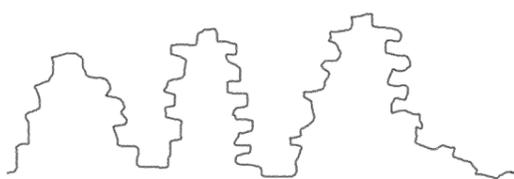
Or as small as a button?

If you could touch your feeling, how might it feel?



bumpy

prickly



wibbly wobbly

flat

swirly



soft



hard

What else would you like to say about your feeling?