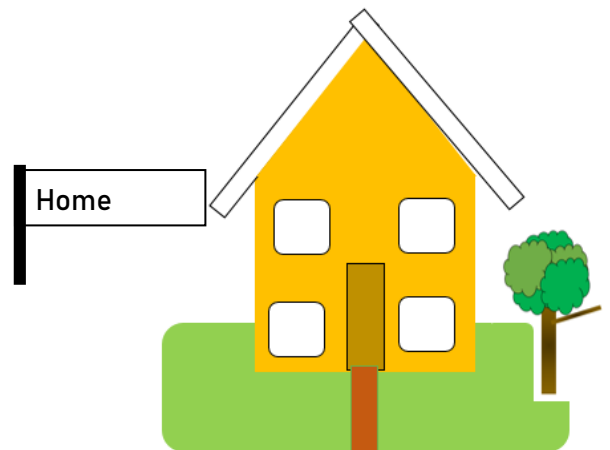
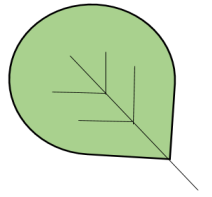
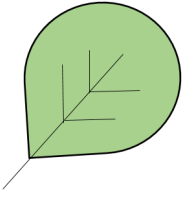
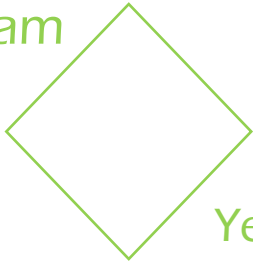


How am I Feeling Workbook



All about me....

I am

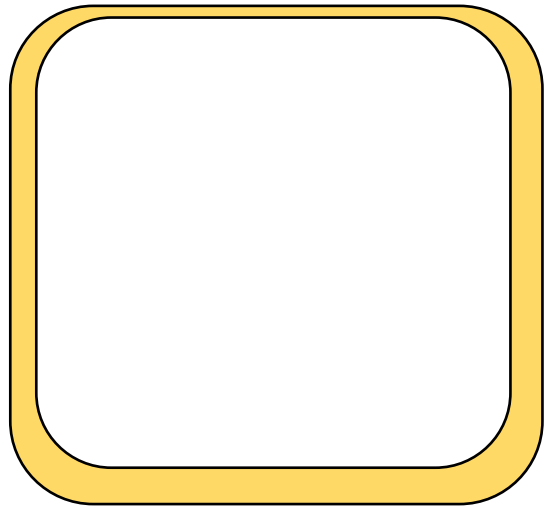


My name is -

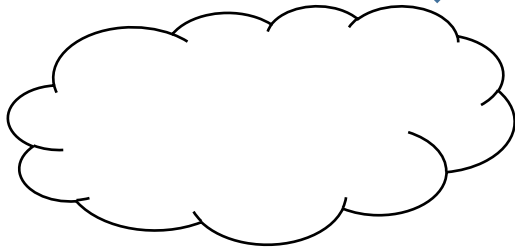


Years old

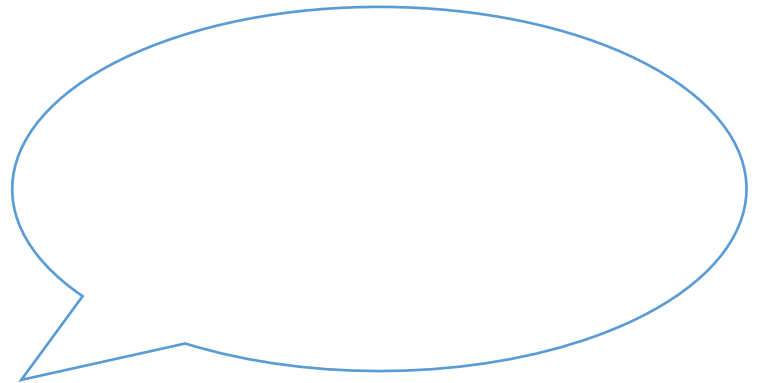
This is what I look like -



My favourite colour is

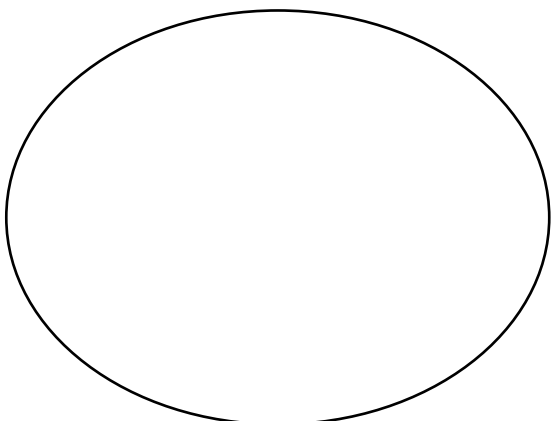


I feel happy when

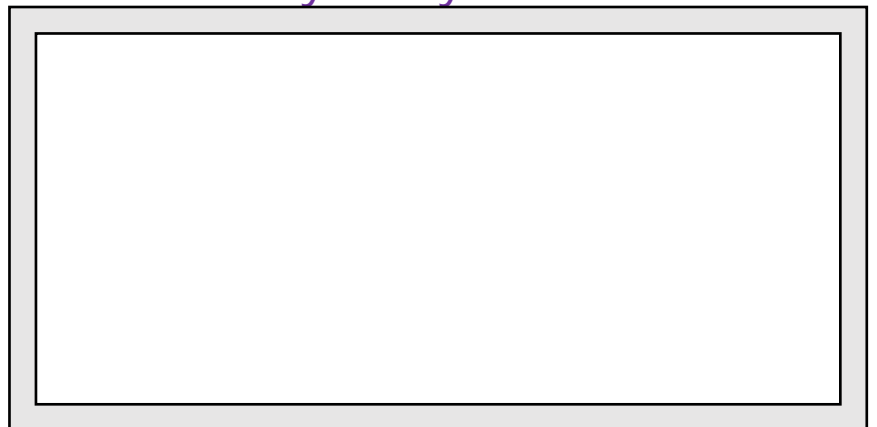


Something that scares me

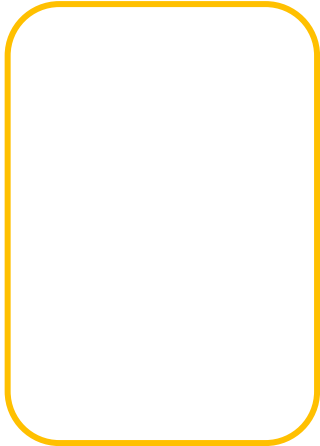
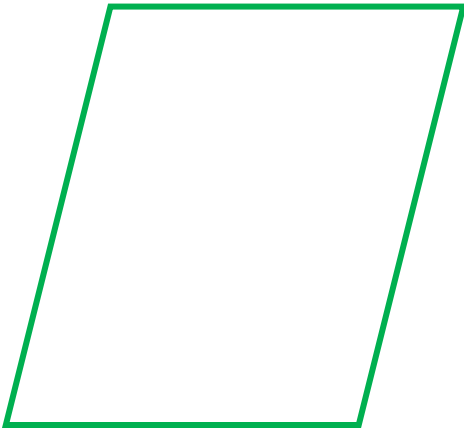
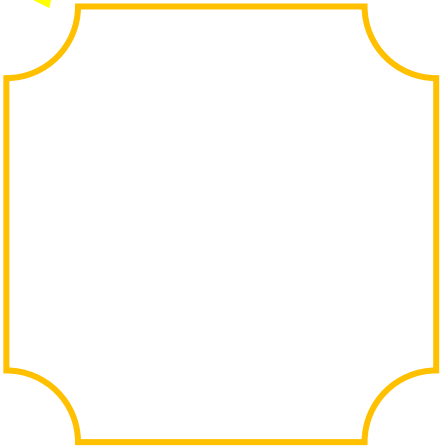
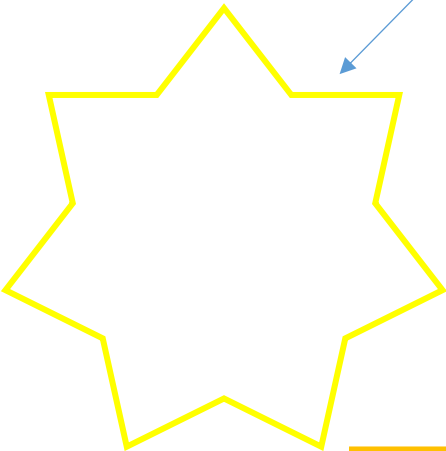
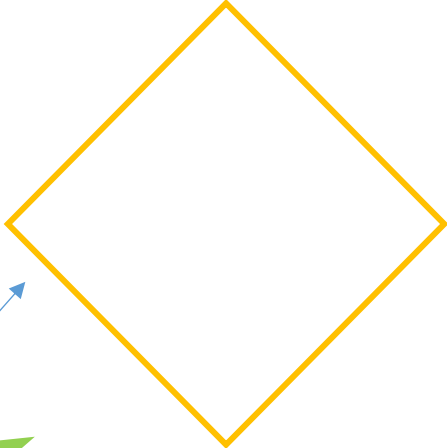
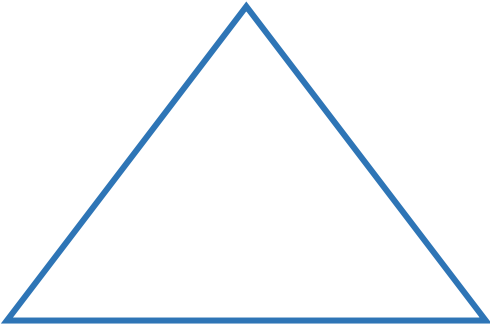
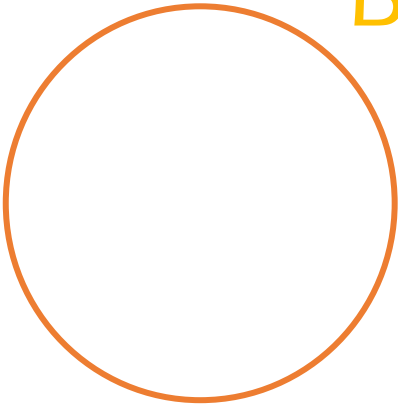
What I like to do



This is my family



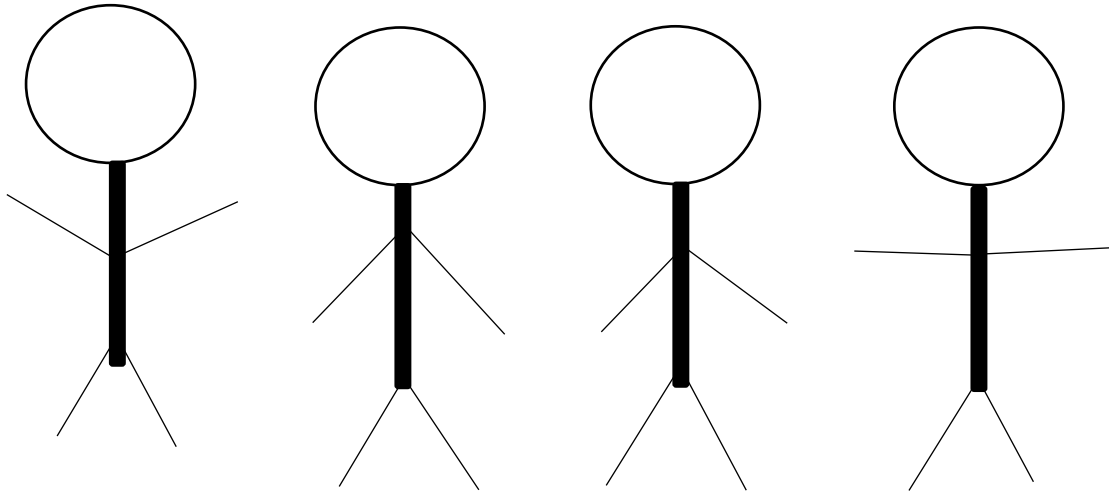
Being off school



What has it been like being off school?

Sometimes we experience lots of different feelings and sometimes we have more than one feeling at once.

Here are some stick people. See if you can fill them with all of your feelings. You can add hair and clothes too.



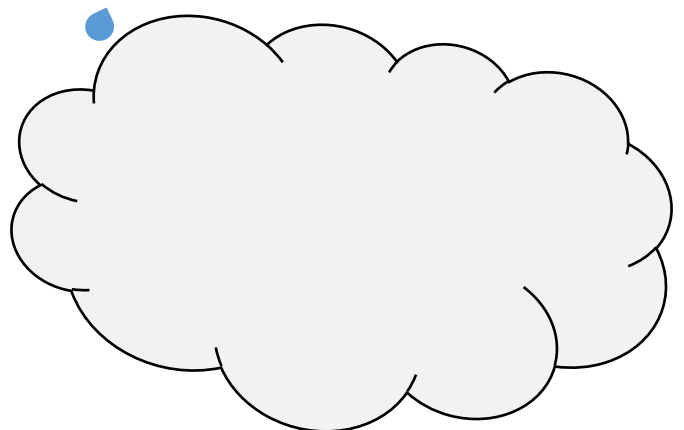
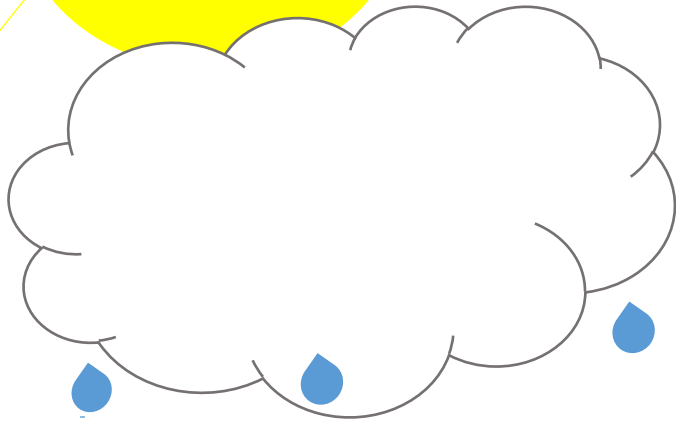
Charlie the caterpillar has enjoyed spending more time with his family at home but he misses his school friends and teachers. Can you draw or write things that might make Charlie feel better?

Three large, empty rectangular boxes are arranged horizontally. Each box has a small triangular tab at the bottom right corner, suggesting they are meant to be folded into cards or envelopes. These boxes are provided for the child to draw or write things that might make Charlie feel better.

My Worries and fears

Worries and fears can be like clouds. Sometimes light and sometimes grey and heavy. In the

Clouds draw or write your own worries and fears.

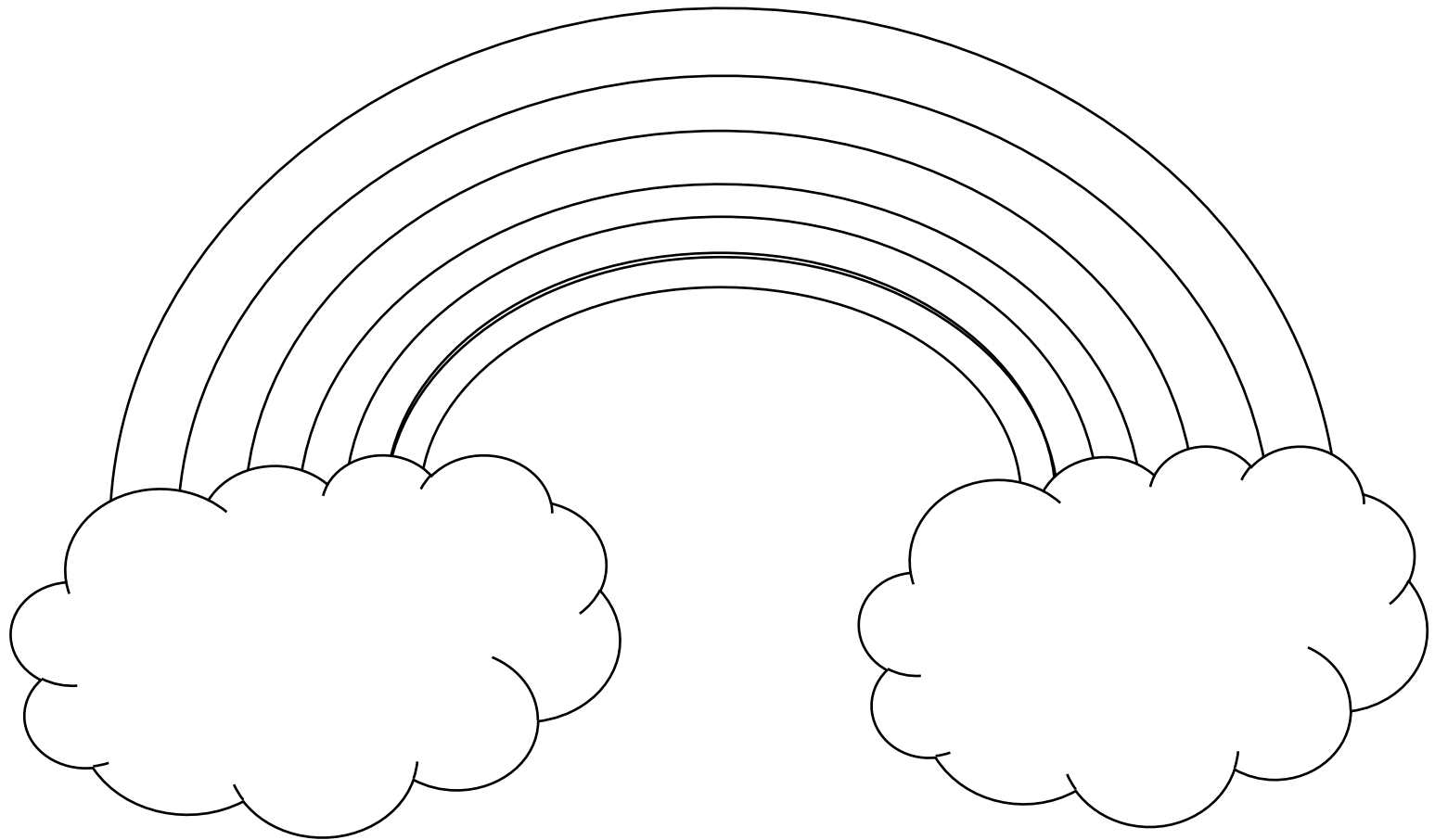


Rainbow of Positivity

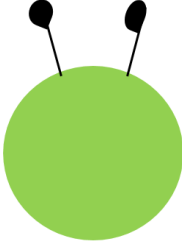
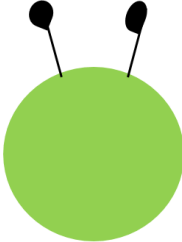
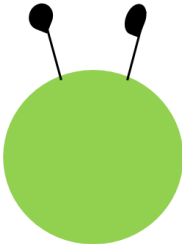
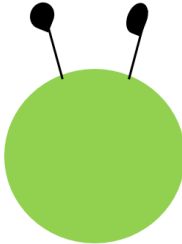
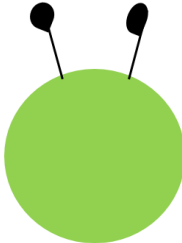
Even when it rains the sun is still shining. It might just be hiding behind a cloud. When the heavy clouds become lighter the sun is able to shine through the clouds. Sometimes we see a rainbow.

Can you colour and fill your rainbow with all the great things about yourself?

Maybe things you are good at, qualities about yourself or even compliments people have given you.

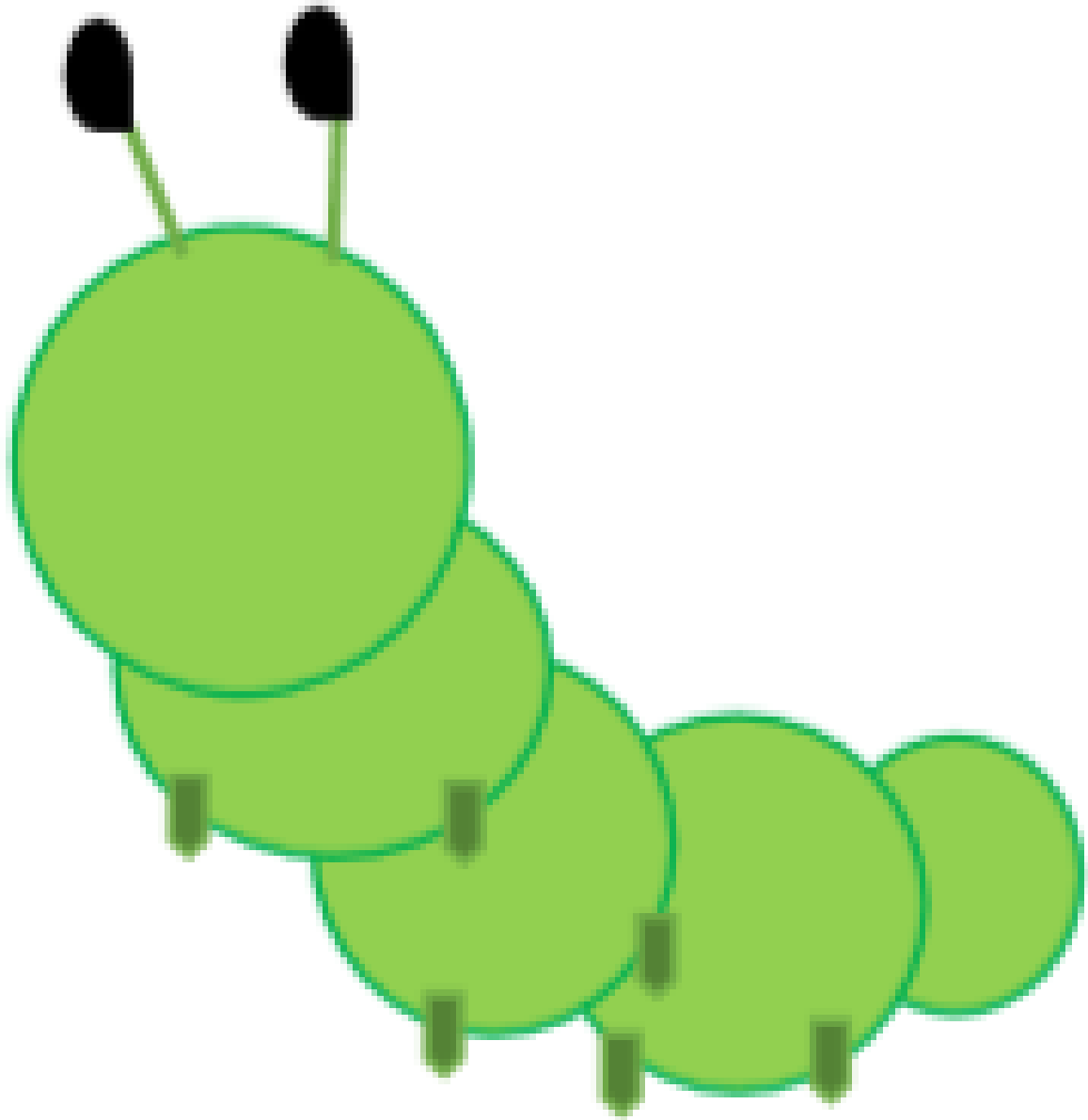


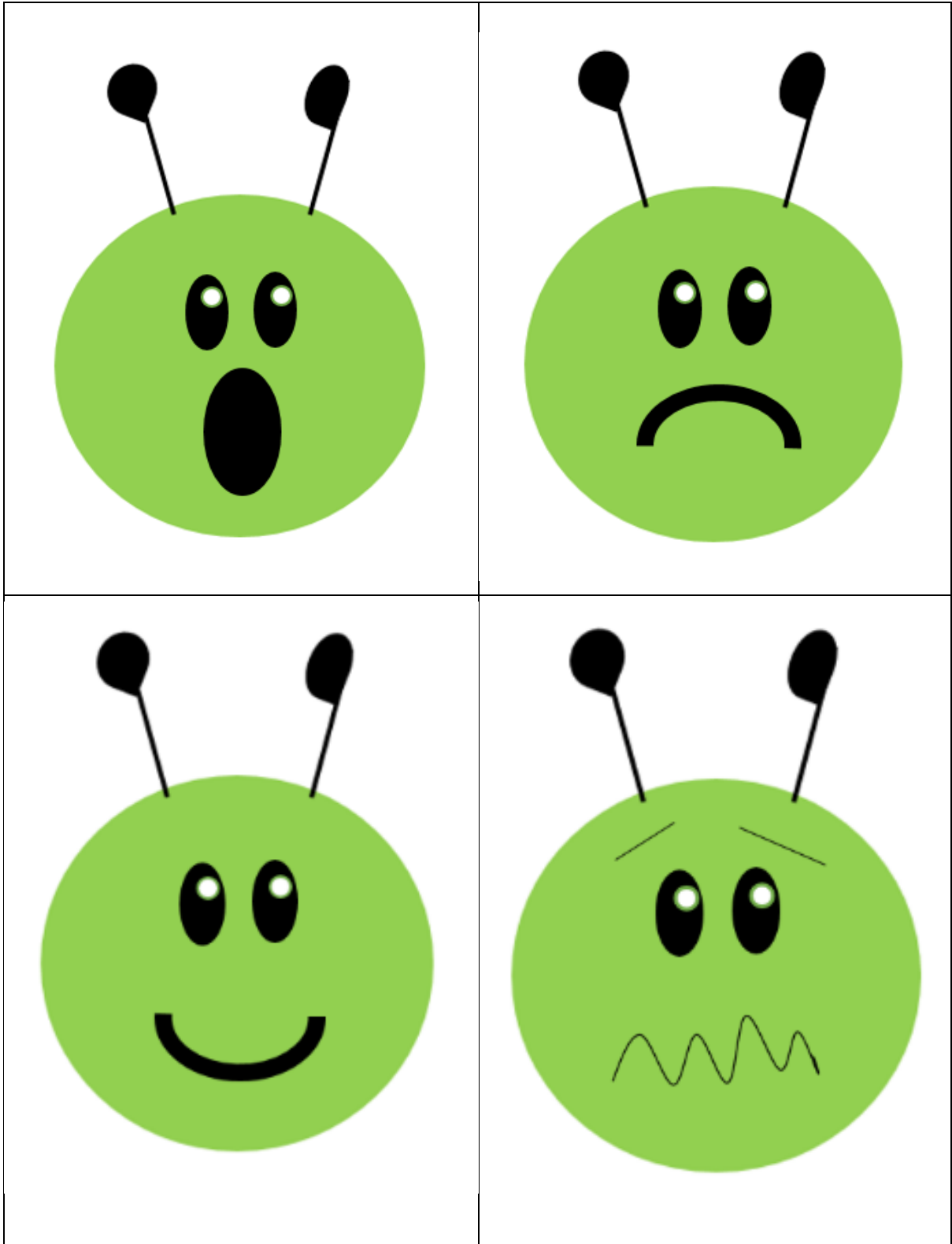
Today my day at home has been?

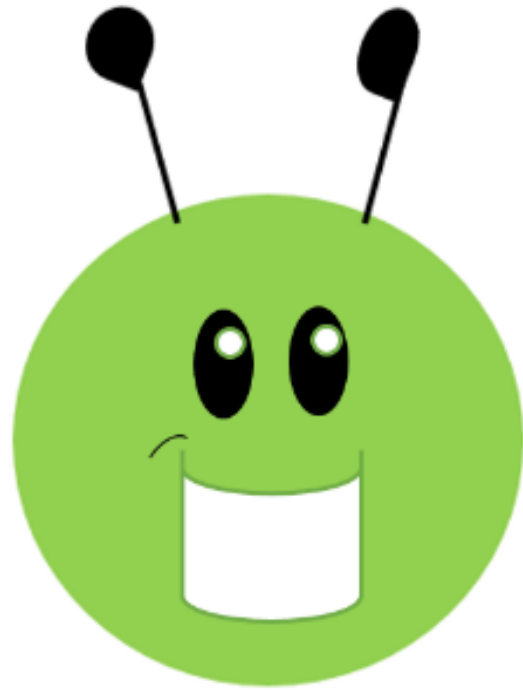
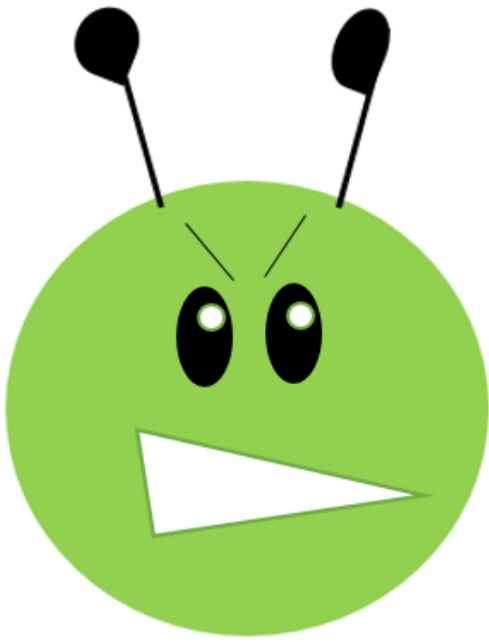
	Draw on your caterpillars face to show how you felt at home today.	Three words to describe your day?
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		

Charlie's Feelings

How is Charlie feeling today? Cut out Charlie's faces to show how he is feeling. You can also use this to show how you are feeling too.

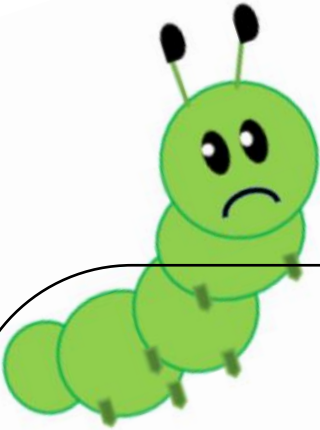






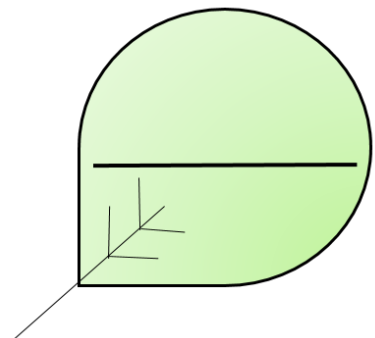
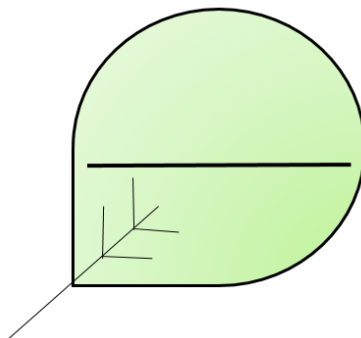
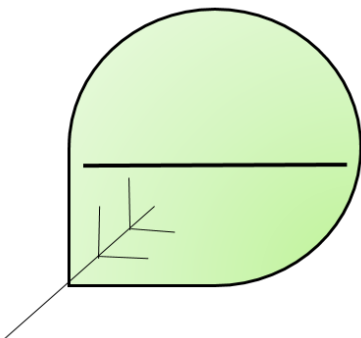


Charlie sometimes feels lonely in the forest. Can you draw him a friend and say what things make them a good friend?

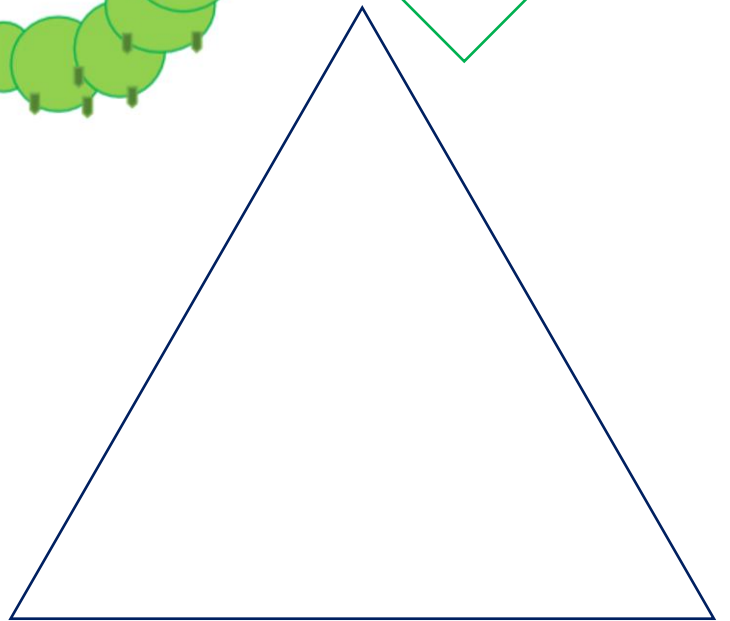
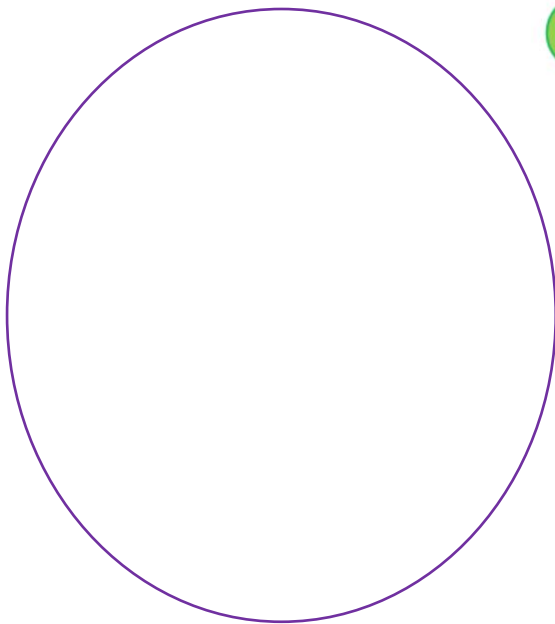
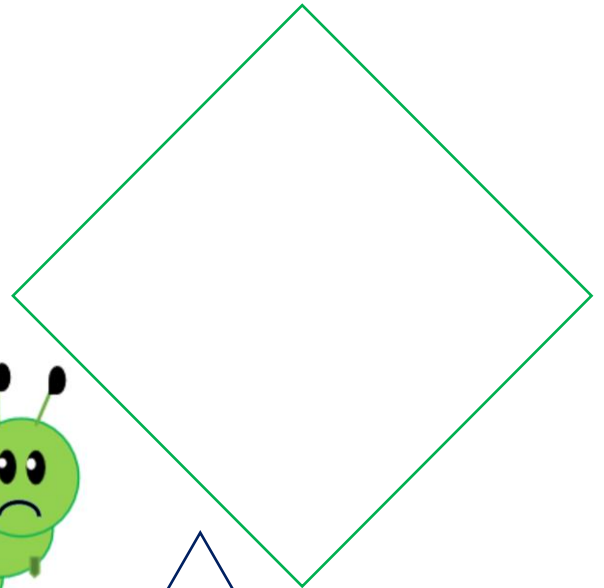
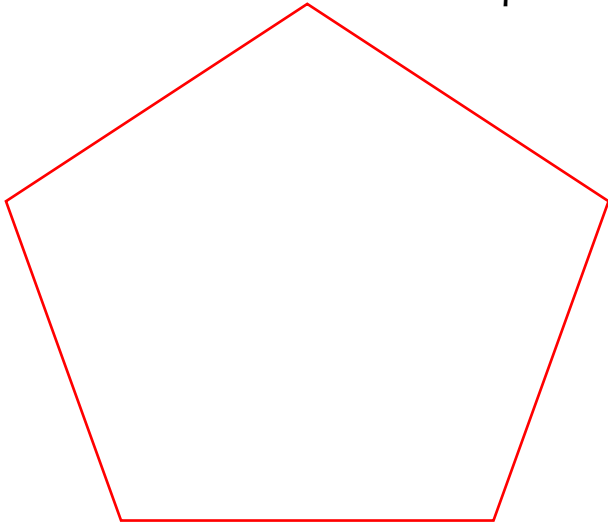


A large, empty rounded rectangular frame intended for drawing a friend for the caterpillar.

What makes this character a good friend? Write or draw in the leaves below.



Charlie's friend has just told him that one day he won't be a caterpillar and that he will turn into a butterfly. This makes Charlie feel scared because he doesn't know what to expect. Can you think of some ways to help Charlie with his fear? What might it help for him to do? What things help you when you feel scared? In the shapes below draw Charlie some ideas.

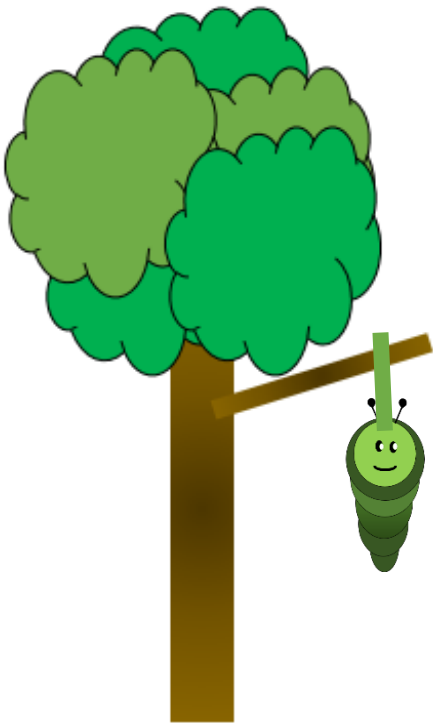


Tree of change

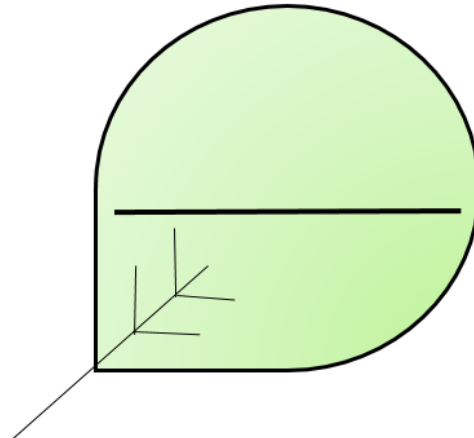
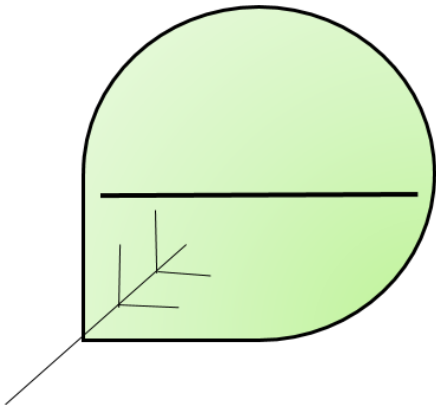
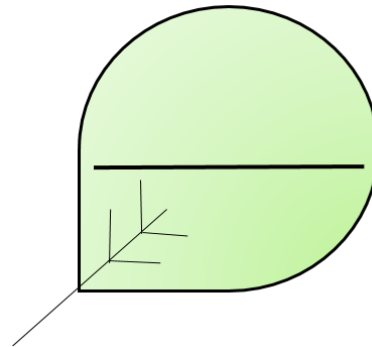
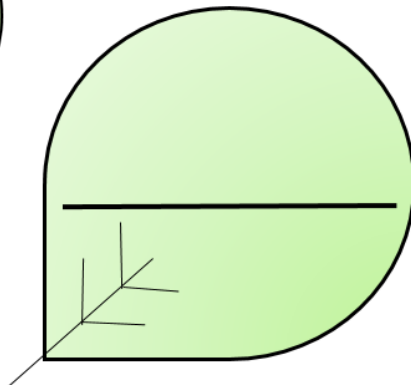
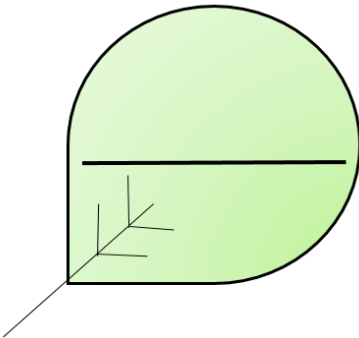
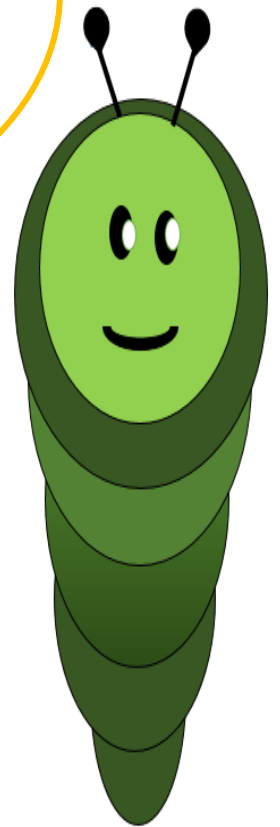
Charlie is going through lots of changes in his life. He will soon be changing into a butterfly and he will see the world very differently. In the tree, draw or write some of the changes in your life?



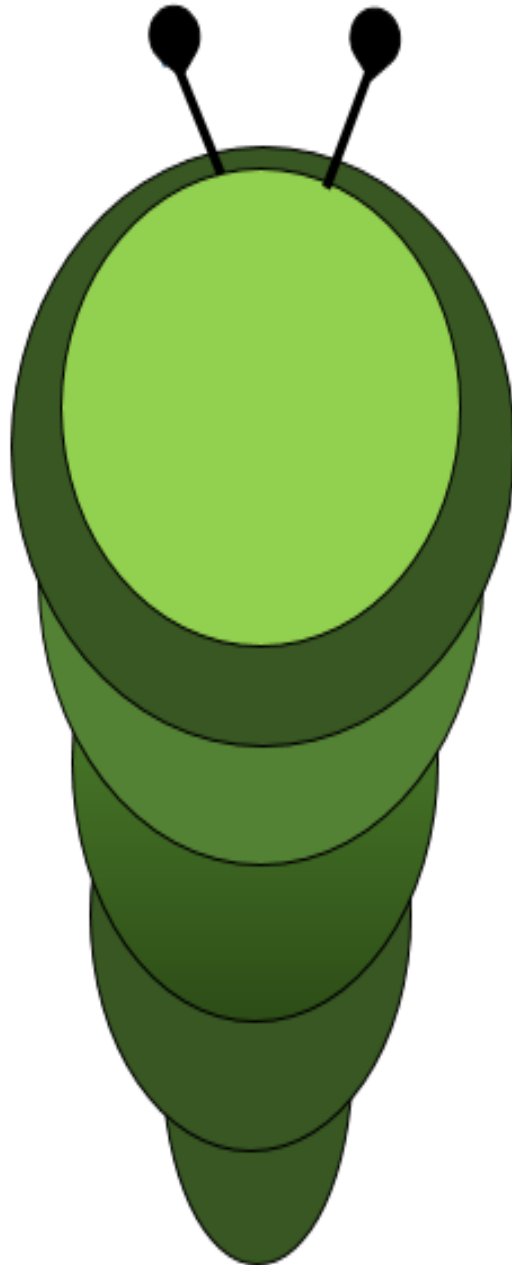
Cocoons protect
Caterpillars and keep them
safe.



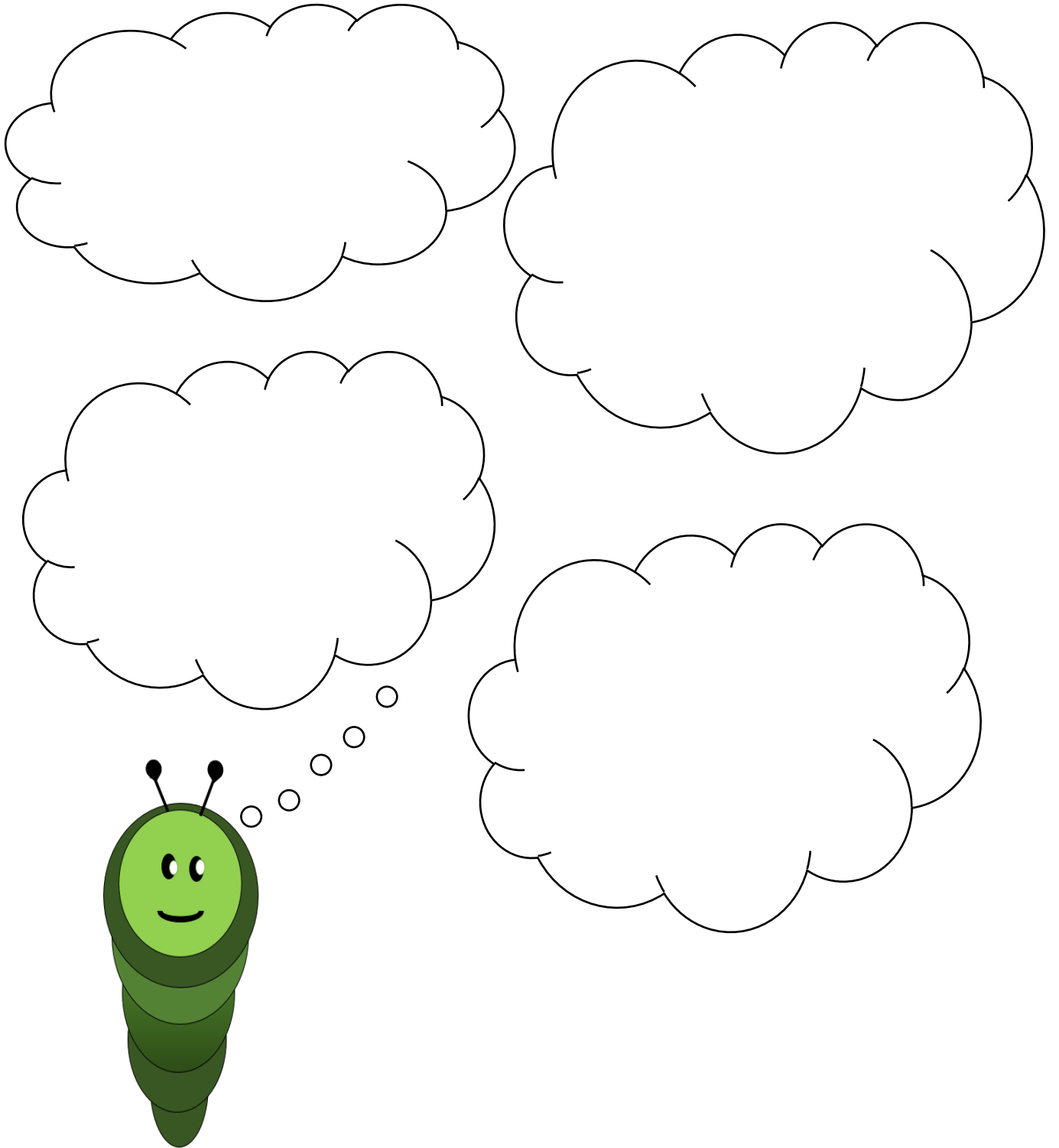
When I am sad or angry I
sometimes try to protect myself
so I can feel better. Can you
think of things you do to help
yourself feel better? Write or
draw them in the leaves below.



Charlie has been in his cocoon for a long time, he's not been able to see his friends or do the things he enjoys. How do you think he might be feeling? Can you draw Charlie's face to show how he is feeling?

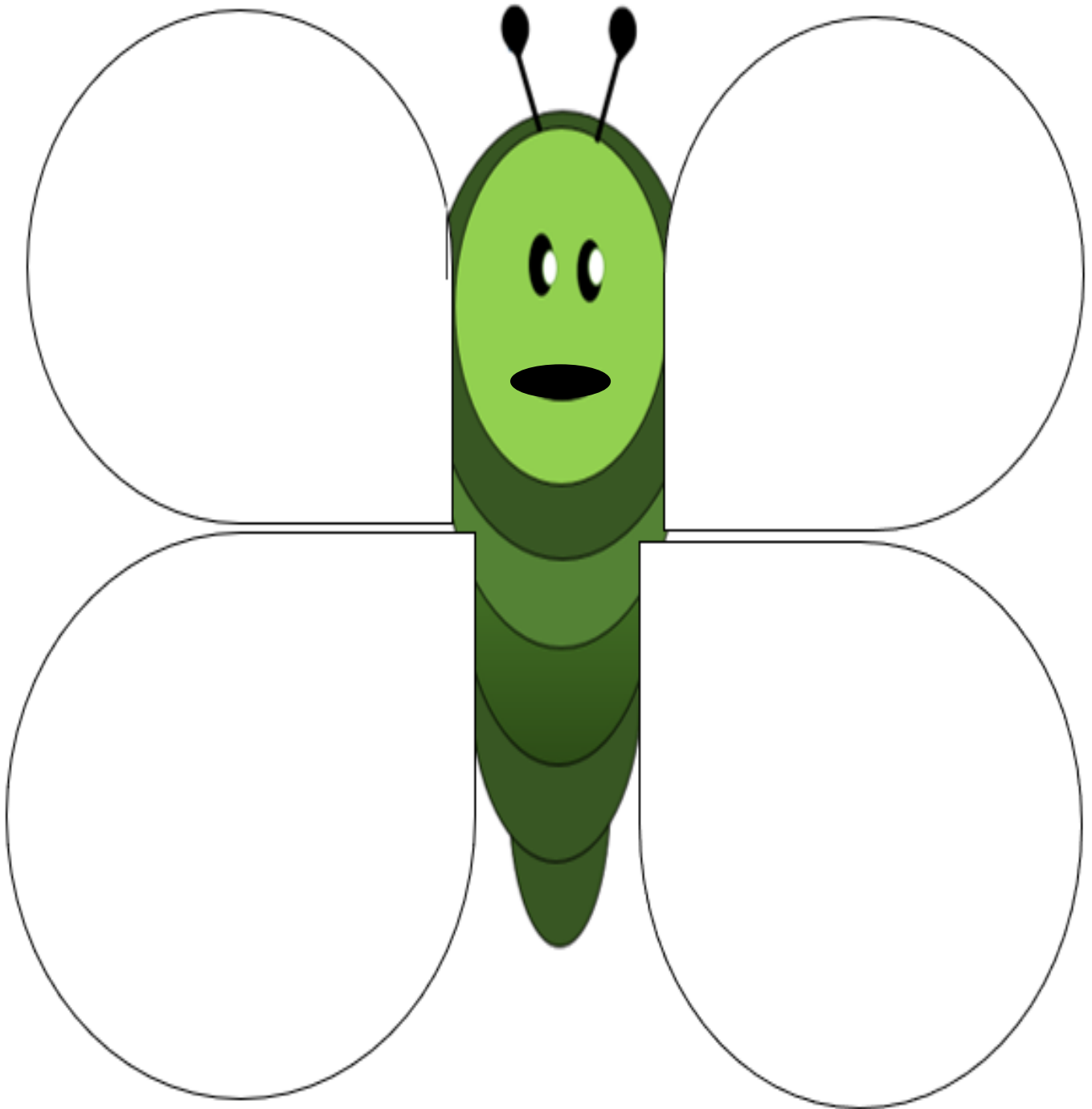


Charlie's friend suggested thinking about all the things in his life that he is grateful for, that this might help him to feel better. Can you think of the good things you have in your life? Draw or write them in the clouds.



Charlie has turned into a butterfly!!

Charlie is still feeling a little uncertain about such a big change.
Can you colour Charlie some beautiful wings to help him feel
better about it?

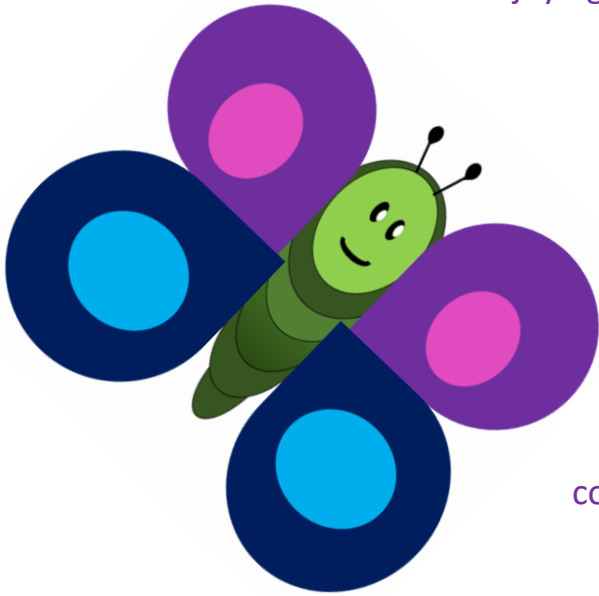


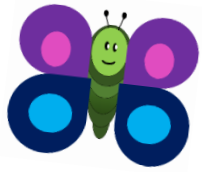
Charlie feels great now you have coloured his wings. He is enjoying being a butterfly, flying around and seeing all the beautiful flowers.

He realises he is very special and there are so many great things about him.

Charlie went through a tough time when changing into a butterfly but Charlie got through it with your help.

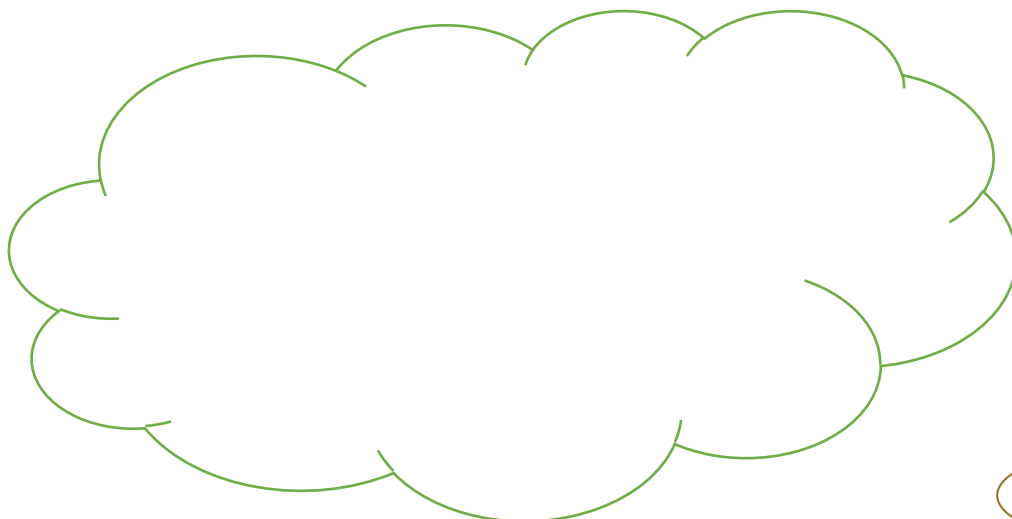
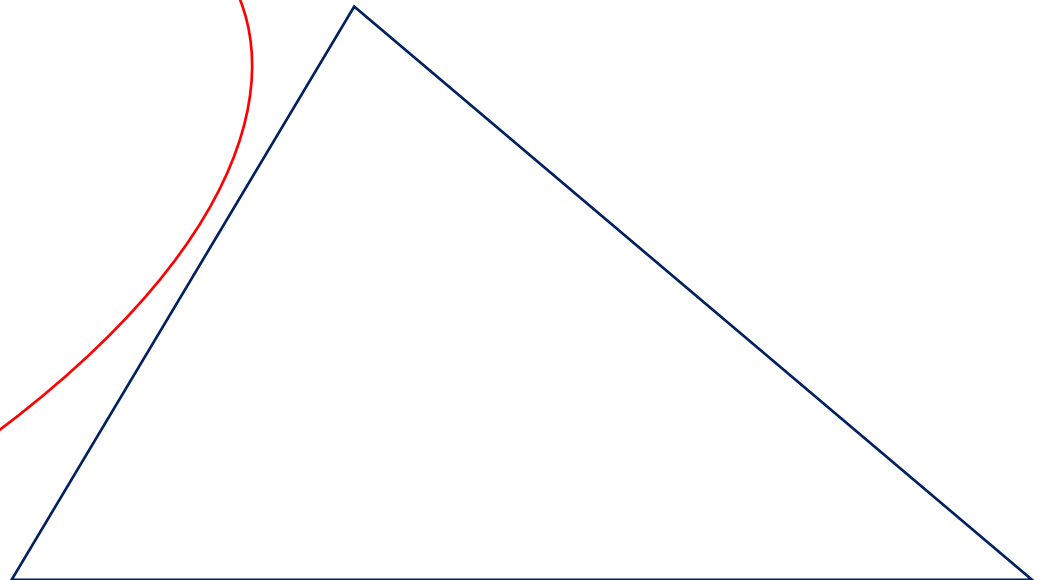
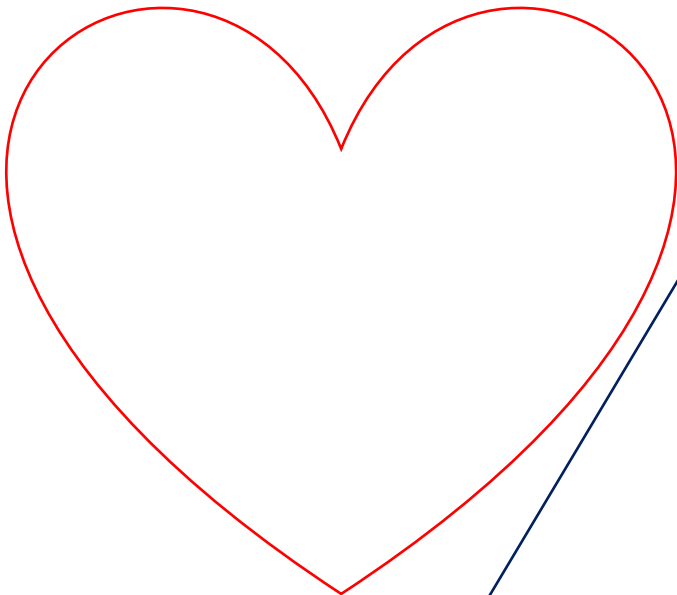
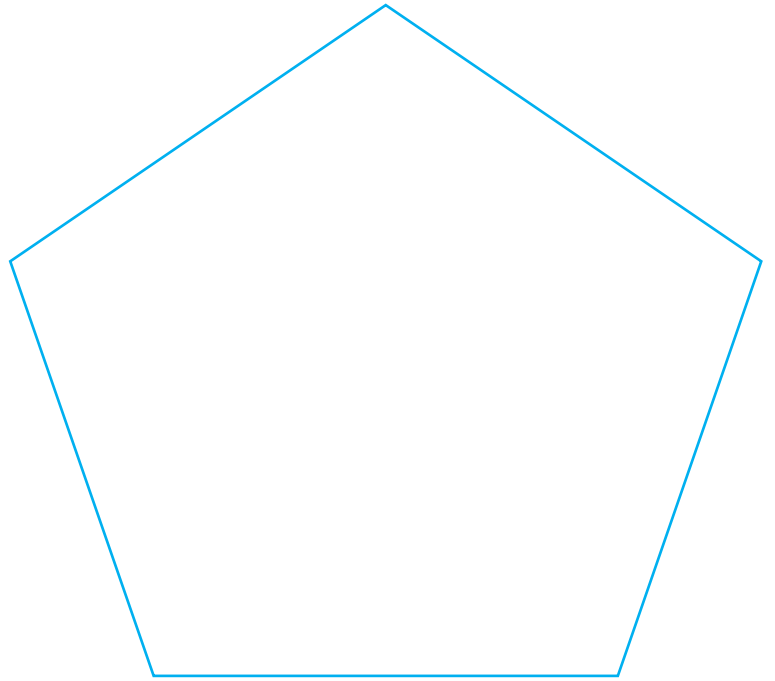
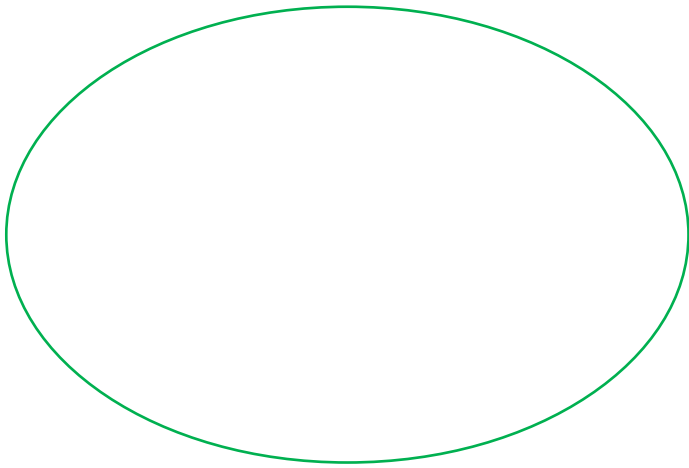
Charlie wants you to think about all the things that make you great. Can you draw and colour a picture of yourself and think about the things that make you special?





I am special because.....

Draw all the things that make you special

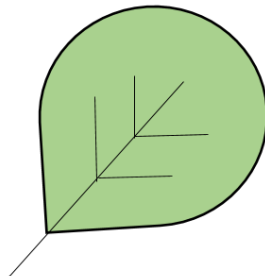
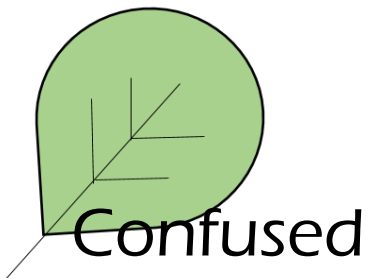
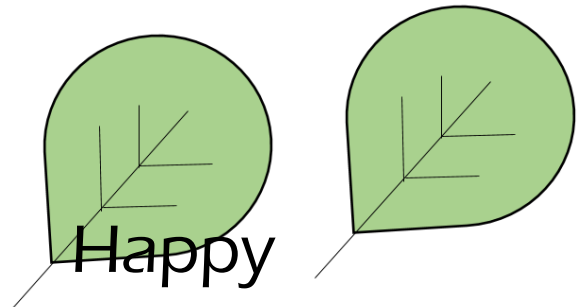
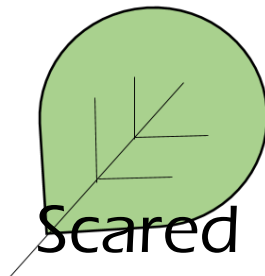
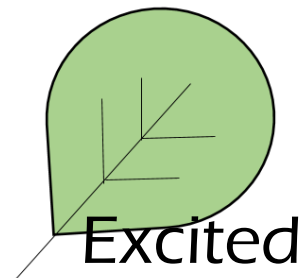
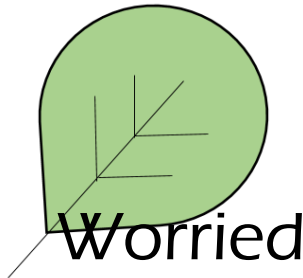
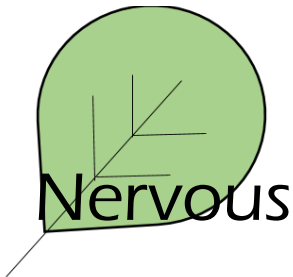


Going back to school



Charlie is going back to school. How do you think Charlie might be feeling?

Draw a line from Charlie to the leaves he feels.



Charlie is getting ready to go back to school. He starts to worry and feels scared. He doesn't know what to expect and this makes him feel sad.

Wouldn't it be great if he had an imaginary backpack full of great ideas that could make him feel better? Colour the stars you think might help Charlie.



Have a relaxing evening, and a good night's sleep

Think of three things that make you happy.

On the way to school try to find three things you can see, three things you can hear and three you can smell

Imagine all your worries in a bubble and watch them float away.

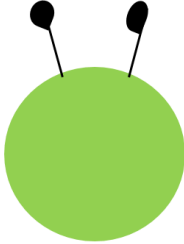
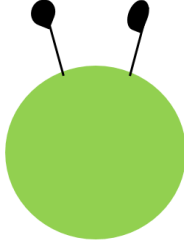
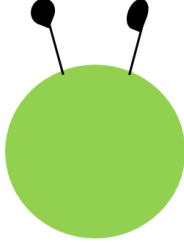
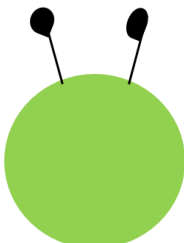
Draw or colour a picture.

Name all the things you are looking forward to doing at school.

Can you draw some of your own ideas
in your imaginary backpack that might
help to make you feel better?



Today my day at school has been?

	Draw on your caterpillars face to show how you felt at school today.	Three words to describe your day?
Monday		
Tuesday		
Wednesday		
Thursday		
Friday	