

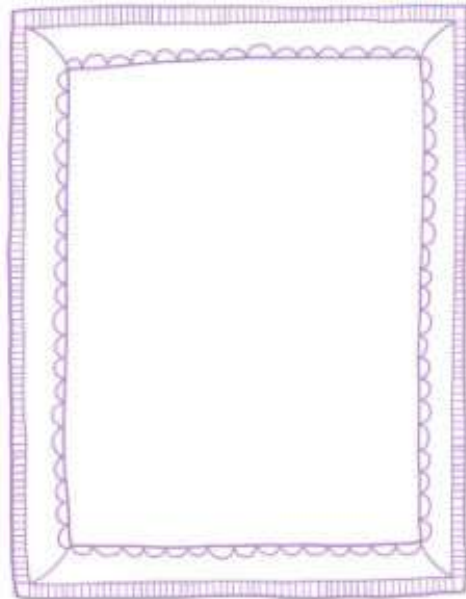
QUESTIONS & ANSWERS

It's time to check in with you and those around you, and see how everyone is feeling. Fill in the boxes with the answers to the questions below.



ASK YOURSELF:

Are you feeling good today?
Why is that?
Which emotion describes you best right now?



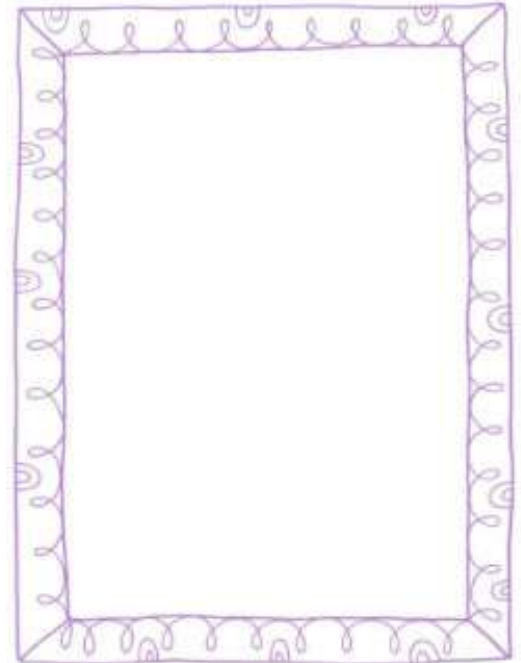
ASK YOUR PARENT(S):

How do you feel?
Name some of the feelings you've had today:



ASK A SIBLING OR A FRIEND:

Are you feeling good or bad?
Why is that?



ASK YOUR BEST PAL:

Name one feeling you're having right now.
What makes you really happy?

