





How are you feeling?

Tick a box for each question below – there are no right or wrong answers:

	No 	Some of the time 	A lot of the time 	Yes 
1. I look after my body				
2. I feel good when I wake up in the morning				
3. I feel able to talk about my feelings with people I trust				
4. I feel calm and safe				
5. I feel I can do things well when I try				