



How are you feeling?

We believe that you need certain things to be healthy. Our bodies need things like healthy food, water, and exercise, but there are also things that our minds need to feel healthy. These things are called our Emotional Needs.

There are 4 groups of Emotional Needs:

Needs that help my body feel content

Looking after your body by:

- eating and drinking healthy and tasty things
- getting enough sleep
- moving your body by exercising, playing outside or any other ways you like to get moving

Needs that help me feel connected

Feeling like you:

- have people (or animals!) around you to talk about your feelings with
- are part of a group
- give and get good attention with people and things around you (including technology!)

Needs that help me feel calm and in control

Feeling like you:

- can make choices in your life
- feel safe
- get time to yourself when you need to

Needs that help me feel 'I can'

Feeling like you:

- have things you want to achieve or take care of when you get out of bed in the morning
- are respected by the groups you are part of
- are challenged to get good at something (including things you do as hobbies, with friends and family or at school.)

Tick a box for each question on the other side of this sheet – there are no right or wrong answers:



	Almost never 	Some of the time 	A lot of the time 	Almost always 
I look after my body				
I feel that I sleep well				
I feel able to talk about my feelings and people listen to me				
I feel I can give and receive good attention with things and people around me				
I can get time to myself when I need to				
I feel safe and able to make choices about things				
I feel I can do things well when I try				
I spend time doing things that are important to me				
I feel that things I do are noticed by others				