How are you feeling?

We believe that you need certain things to be healthy. We know for our bodies we need things like healthy food, water, and exercise, but there are also things that our minds need to feel healthy. We call these our Emotional Needs.

The Needs can be separated into 4 groups. These are:

Needs that help my body feel content

These are to do with feeling like your body is looked after through eating and drinking healthy and tasty things, getting enough good quality sleep, and moving your body enough - which doesn't have to just be 'exercise', it can be things like dancing or walking to school.

Needs that help me feel connected

These are to do with feeling like you have people (or animals!) around you that you can talk about your feelings with, feeling part of a group, and giving and getting positive attention with people and things around you (including technology!)

Needs that help me feel calm and in control

These are to do with feeling able to make choices in your life about how you approach challenges, feeling safe, and being able to get time to yourself when you need to.

Needs that help me feel 'I can'

These are about having things to look forward to in the day, feeling valued and respected by the groups we are in, and feeling stretched, good at something and able to get things done. This can be from things like your hobbies, in your friendships or your 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				