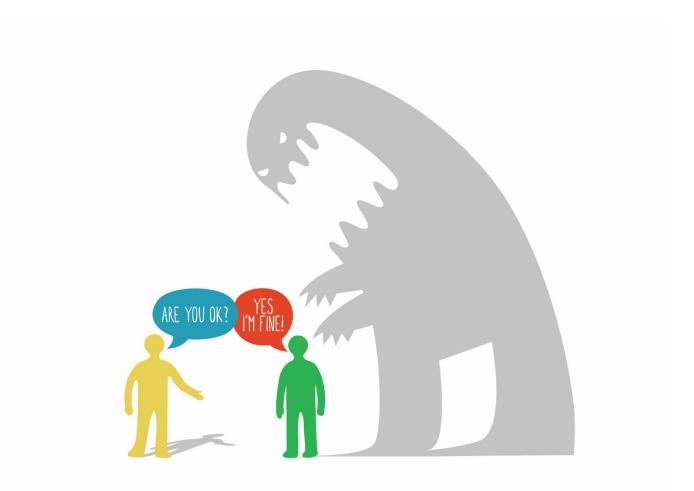
## How are you feeling?

It's easy to pretend we're feeling fine when actually we feel worried or sad or angry or some other big feeling.

What are things that you aren't saying when someone asks you how you are? Can you write them down? Sometimes it helps to get them out of your head, even if you don't feel like you can talk about them at the moment.



Downloadable for free from <u>www.lucymaddox.co.uk/resources</u>