

**Name:**

How are you feeling?

Remember – it's normal for our feeling to go up and down daily – weekly – over any period.

The pandemic has probably given us all quite a rollercoaster ride of emotions. Coming back to school in its current form is the new normal – for now. Even that might be very unsettling. Let see how we are feeling over the next few weeks on our days at school.

The continuum below goes from 0 – 10.

0 = the lowest you have felt 😩

10 = the happiest and contented you have felt😁 Put a X where you are feeling today.

Day 1 0 1 2 3 4 5 6 7 8 9 10

Day 2 0 1 2 3 4 5 6 7 8 9 10

Day 3 0 1 2 3 4 5 6 7 8 9 10

Day 4 0 1 2 3 4 5 6 7 8 9 10

Day 5 0 1 2 3 4 5 6 7 8 9 10

Day 6 0 1 2 3 4 5 6 7 8 9 10