|  |
| --- |
| Really upset  Really scared  Angry  Big Emotions |
| Excited  Worried  Wriggly |
| **Feeling Just Right**  In my thinking brain  O.K  Content  Ready to learn  Calm |
| Bored  Poorly  Tired  Feeling low  Sad    In my own world  Switched off |

How can I get back to here?



