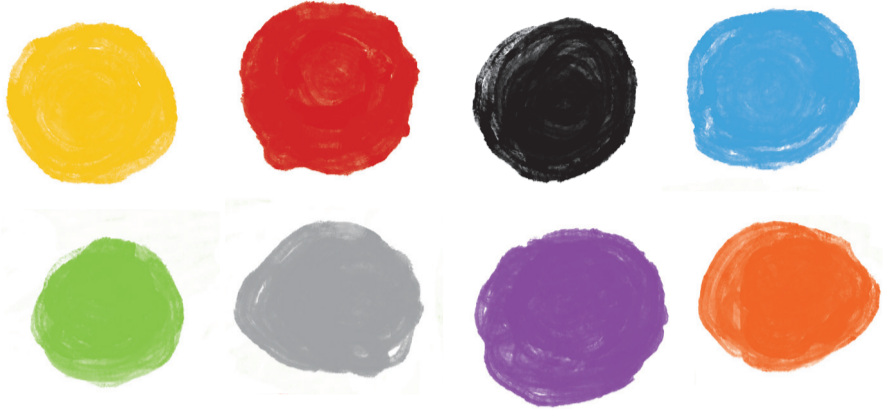
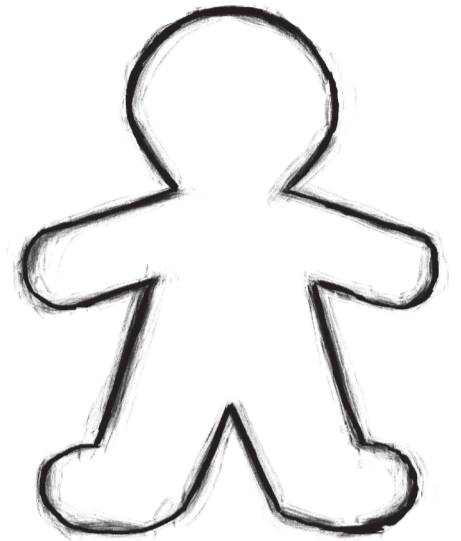


How Are You Feeling Today?

What colour is your feeling?

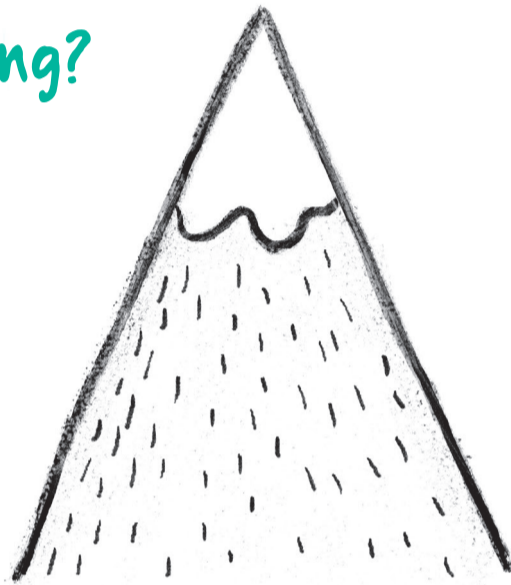


Where do you feel this colour in your body?

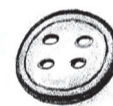


How BIG is your feeling?

Does it feel as BIG as a mountain?



Or does it feel middle-sized ... like the size of a chair?

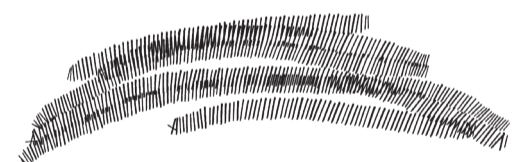


Or as small as a button?

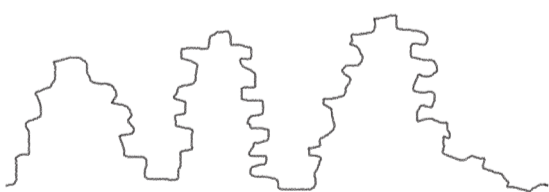
If you could touch your feeling, how might it feel?



bumpy



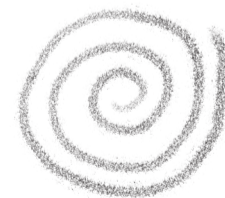
prickly



wibbly wobbly



flat



swirly



soft



hard

What else would you like to say about your feeling?