

# How do you feel today?

Colour how you are feeling today.

Can you explain why you feel that way?

For  
5-11yr olds  
15-30 min



Happy



Excited



Cheeky



Confident



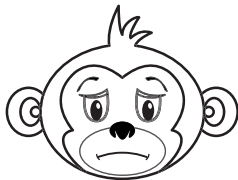
Hungry



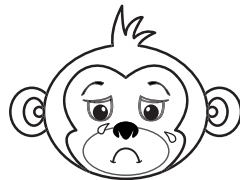
Sleepy



Bored

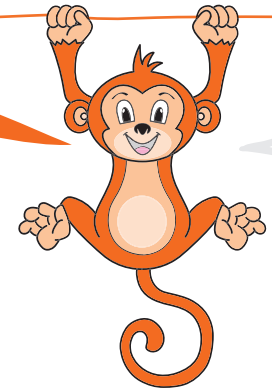


Lonely



Sad

Nice to meet you, my name is Lumbi.  
I'd like to learn more about you.



## What makes you feel good?

Describe using your 5 senses things that you like at home.

Something nice to touch

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Something beautiful to look at

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Something good to taste

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Something pleasant to hear

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Something with a lovely smell

