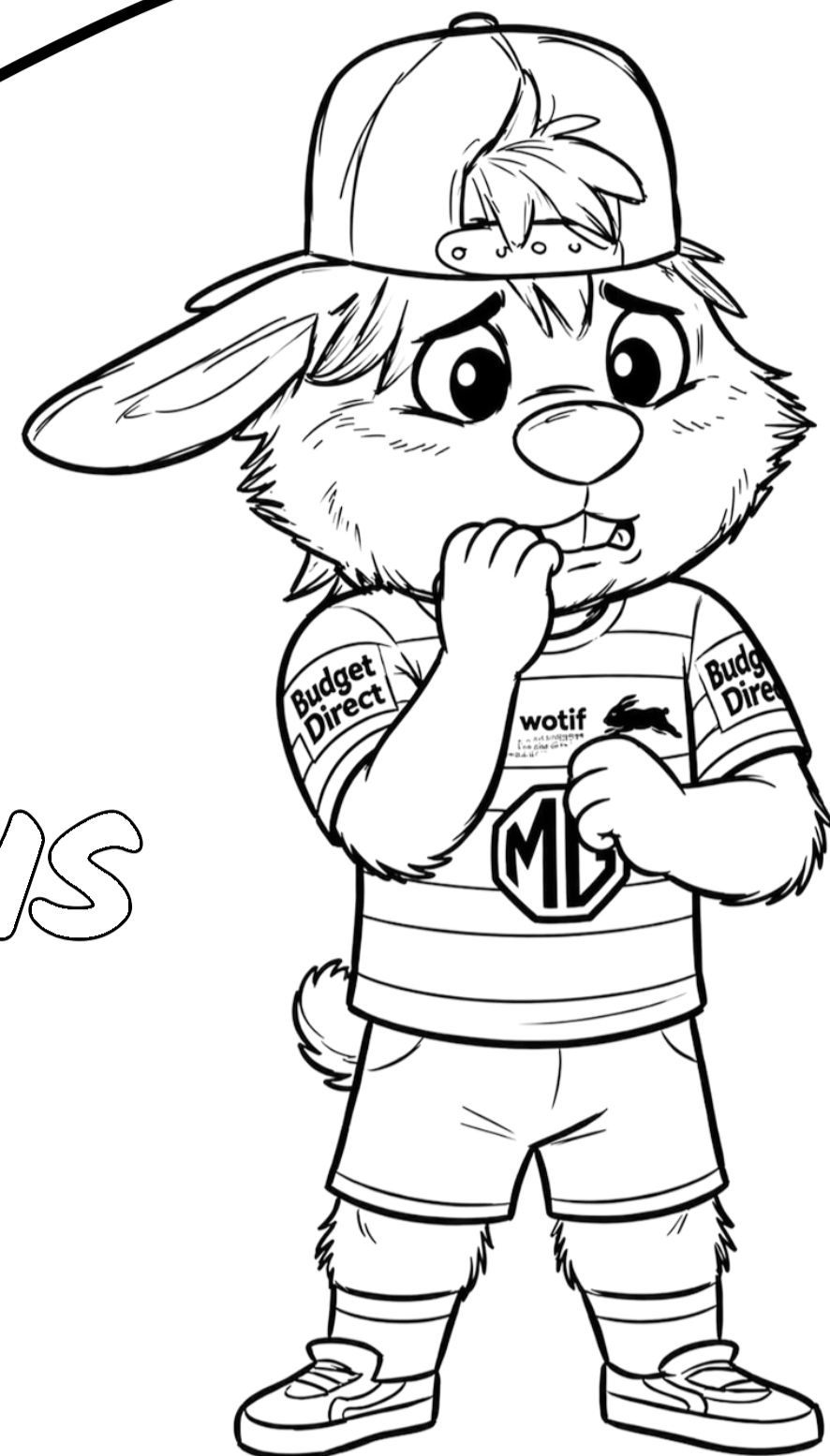


HOW ARE YOU FEELING TODAY?

Everyone feels different things at different times, and that is completely okay. Jack and Ruby feel all kinds of things too!

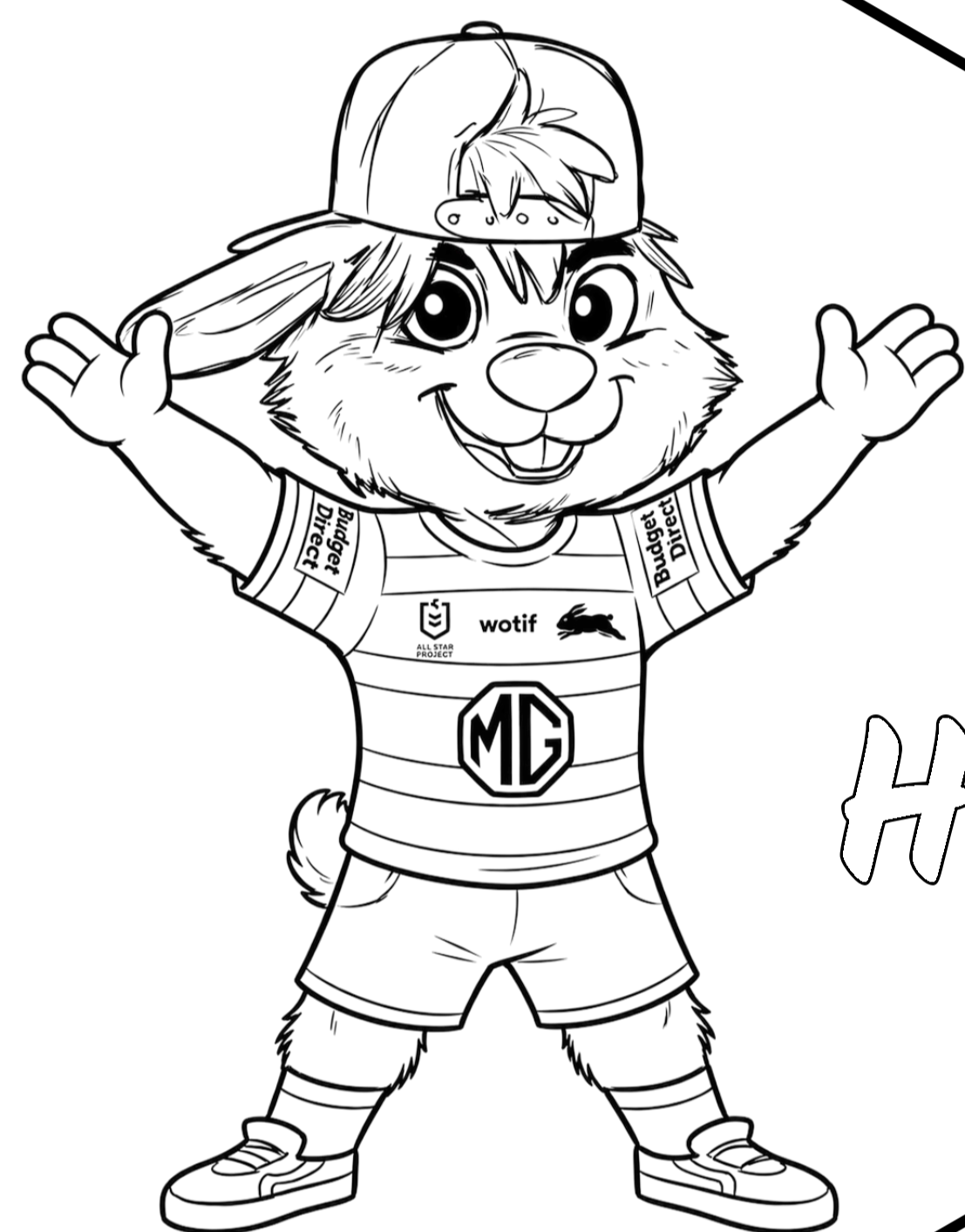
Nervous



Tired

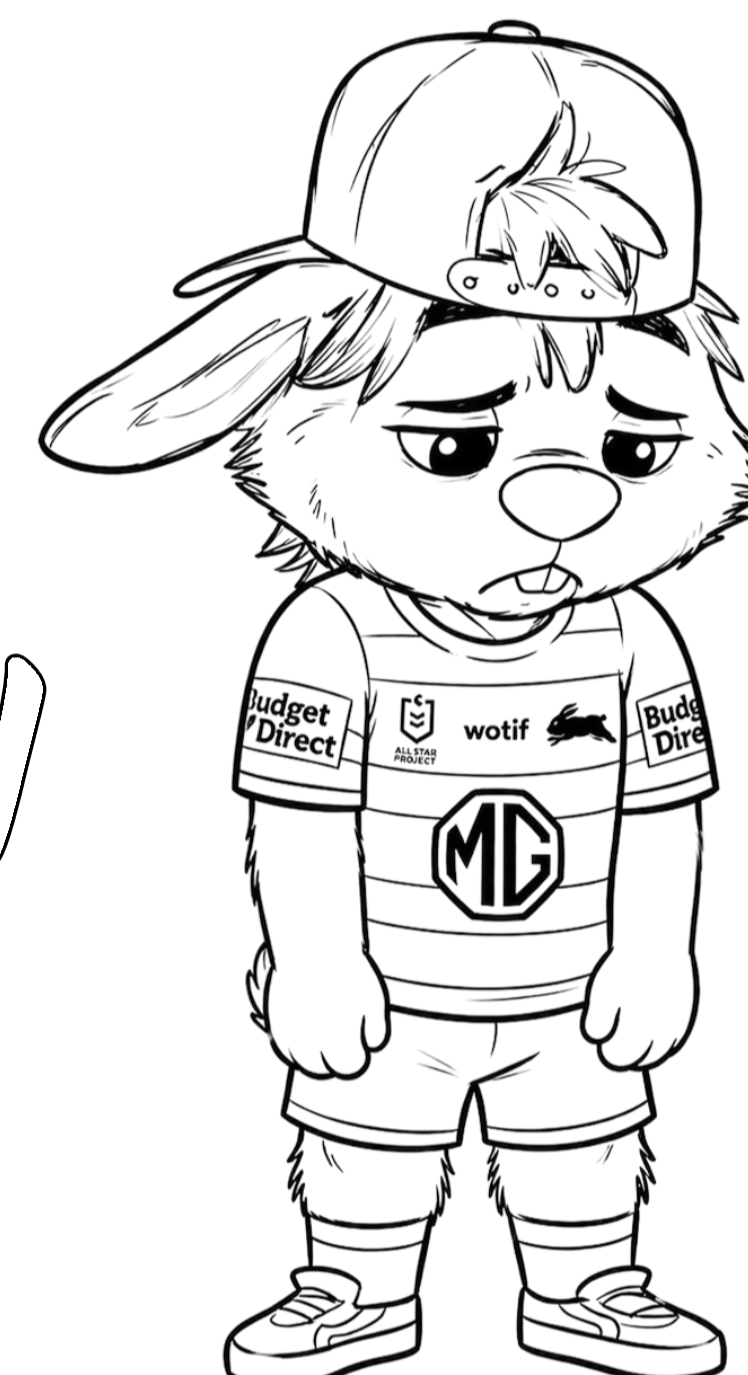


Happy

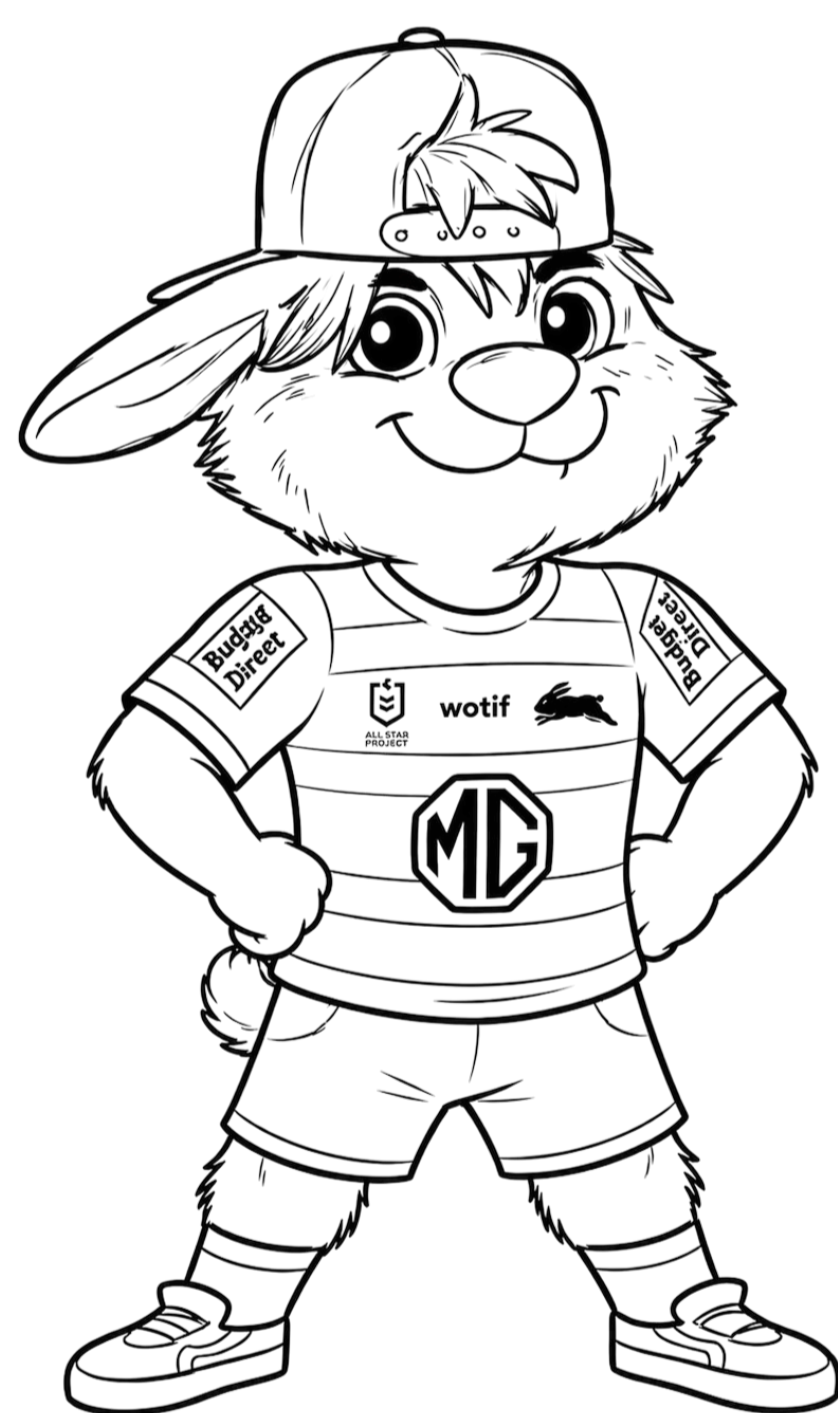


COLOUR IN THE FEELING THAT MATCHES HOW YOU FEEL RIGHT NOW.

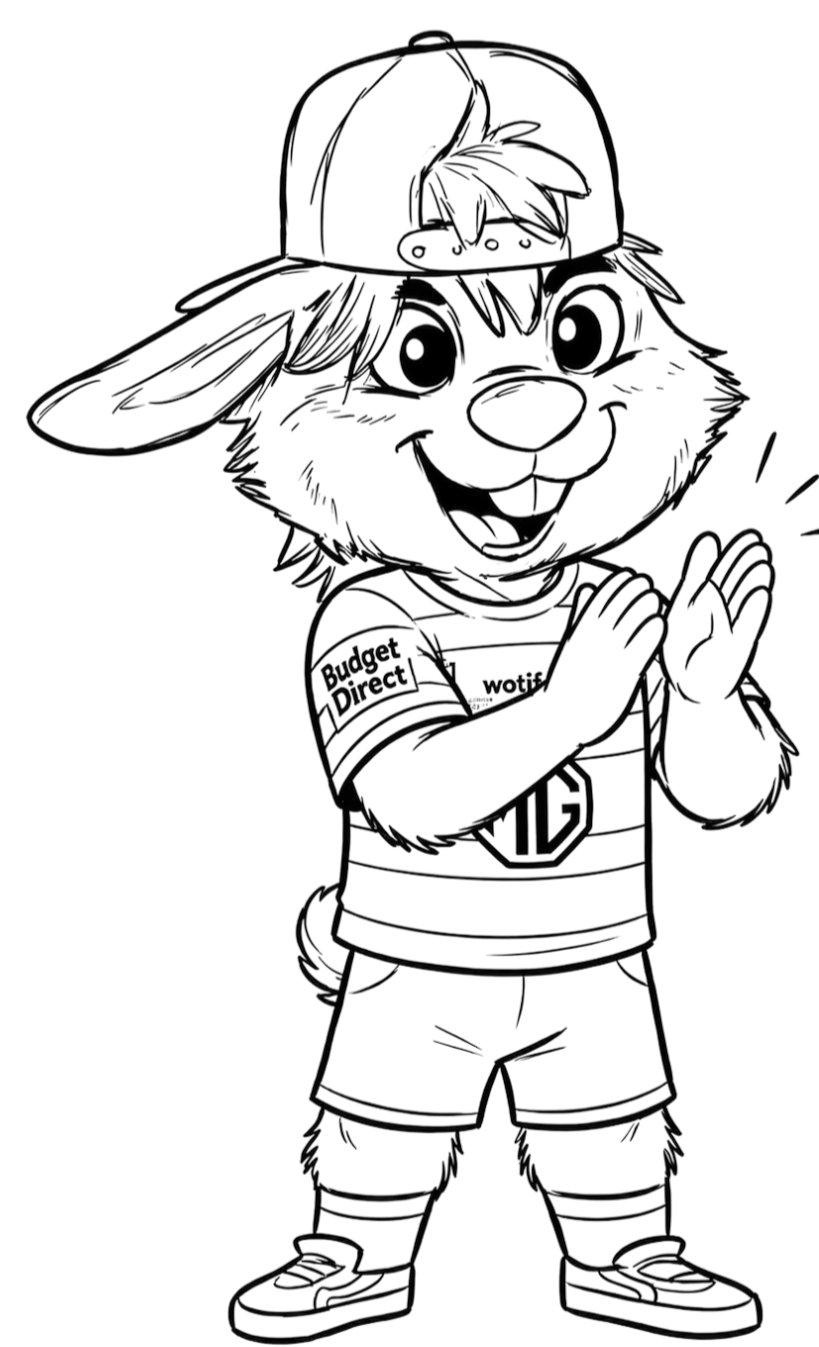
Sad



Proud



Excited



RUBY SAYS:

"Sometimes I feel nervous before a big game. I take a deep breath and remind myself that doing my best is enough."



JACK SAYS:

"When I feel really excited I can't sit still! I take three big deep breaths to help me focus. Try it with me. Breathe in... and out."

TALK IT OUT:

Can you tell someone you trust how you are feeling today? **It always helps.**

