



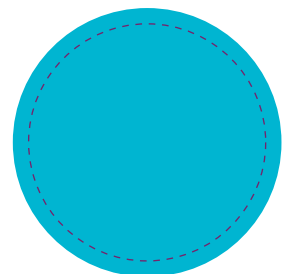
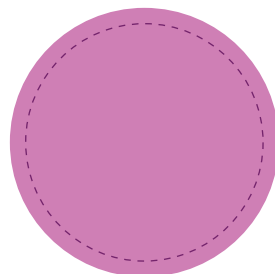
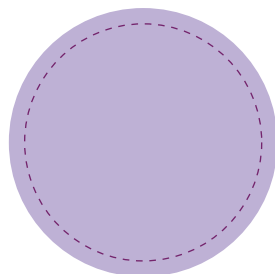
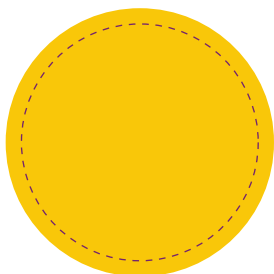
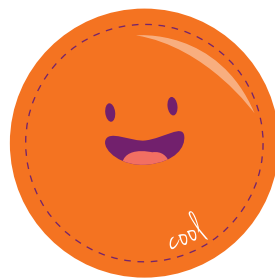
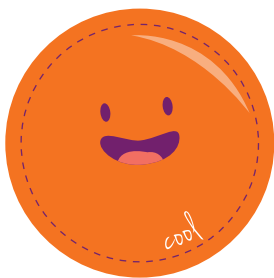
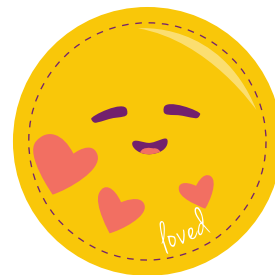
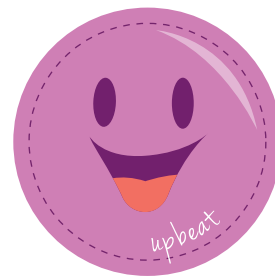
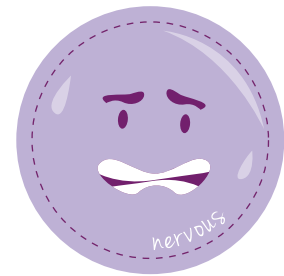
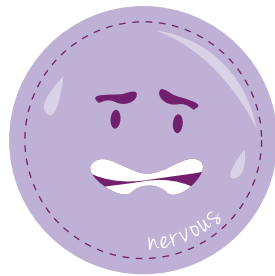
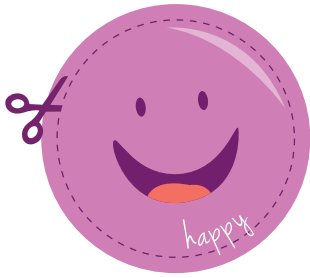
## mood chart

for littlies, it can sometimes be difficult to identify and name their feelings particularly during times of change like going back to school.

using a mood chart can help. simply cut out each 'feeling' and discuss what it may look and feel like.

then together, as a daily activity, little ones can choose which best expresses how they are feeling that day, giving folks an insight and chance to further explore. there may be other feelings that arise, so we've included some blank templates too.





# how do I feel today?



monday

--	--	--	--

tuesday

--	--	--	--

wednesday

--	--	--	--

thursday

--	--	--	--

friday

--	--	--	--

saturday

--	--	--	--

sunday

--	--	--	--