

My creative check in

How am I feeling? What can help me?

Today on my traffic light I am feeling... (You might want to write or mark next to the colour you are feeling)	Things I can do to help me (For example exercise, a creative activity, speak to a teacher, friend or family member)	People who can help me
<div><div></div><div></div><div></div></div>		

Today I am feeling like the colour ...	Things I can do to help me <small>(For example exercise, a creative activity, speak to a teacher, friend or family member)</small>	People who can help me
<div><div></div><div></div><div></div><div></div><div></div></div>		

You might want space to draw, paint or write your creative check in below:

I am feeling...