

# MY FEELINGS

Name \_\_\_\_\_

How are you feeling about being back in lockdown?

What is one thing you feel happy about right now?

What is one thing you feel sad about right now?

How does your body feel at the moment? How does that make you feel? (Relaxed, tense, sore, achy, warm...)

Name something you feel grateful for.

Name something you feel resentful about.

Name something you are afraid of happening.

Name something you wish would come true.