**How Are Things Going?**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Week Commencing: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date of Session: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**This Week I feel?**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Very Unhappy**  **1** | **Unhappy**  **2** | **Ok**  **3** | **Happy**  **4** | **Very Happy**  **5** |
|  |  |  |  |  |

**What has made me feel this way?**

|  |
| --- |
|  |

**The best thing about this week has been?**

|  |
| --- |
|  |

**I have been worried/upset this week by?**

|  |
| --- |
|  |

**I have been proud this week because?**

|  |
| --- |
|  |

**Anything else I want people to know?**

|  |
| --- |
|  |

**Doodle my Thoughts**