



# My Emotions Scale



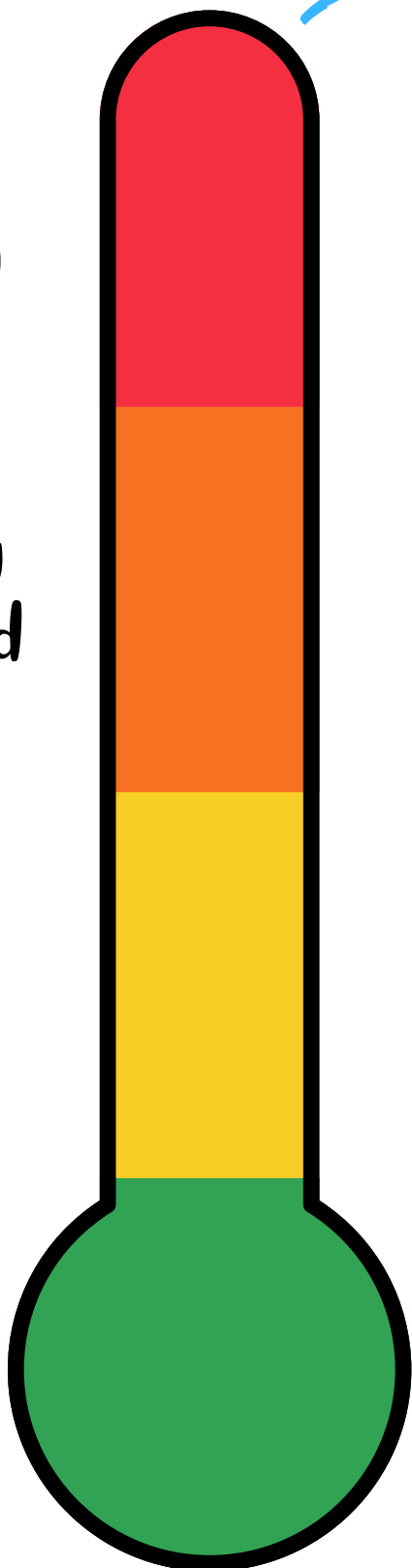
Different emotions can be easier or more challenging than others. Write or draw your emotions to show how well you are dealing with them

I'm really struggling

I'm finding things hard

I'm doing ok

I'm doing well



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