

## How Are You Feeling Today?

### 1. What is your mood right now?

(Choose the one that fits best)

- 😊 Happy
  - 😐 Okay
  - 😞 Sad
  - 😡 Angry
  - 😟 Worried
  - 😴 Tired
  - 😄 Excited
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### 2. How does your body feel?

- 💪 Full of energy
  - 😓 A bit tired
  - 😴 Very sleepy
  - 🤒 Not feeling well
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### 3. Do you feel ready to learn today?

- 👍 Yes, I'm ready!
  - 🤔 I'm not sure
  - 👎 Not really
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**4. Would you like to talk to an adult about how you're feeling?**

- ☒ Yes, please
- ☐ No, thank you
- 🙄 Maybe later

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**5. Anything else you want to share? 📝**

(Write or draw your thoughts if you want)