



*How are you feeling?* This is a question that we have all heard a million times! In periods of conflict and uncertainty, or in joyful and happy moments, it is a question that is asked by friends, family or teachers. I'm sure it is a question that you have asked many times before.

On the mask below, use markers, coloured pencils or paints to share how you are feeling. What colours show happiness? Fear? Loneliness? Joy? Anger? When asked the question '*How are you feeling?*', do you have multiple emotions or just one? Does it change? There is no right or wrong answer - draw and colour to share how you are feeling today.

