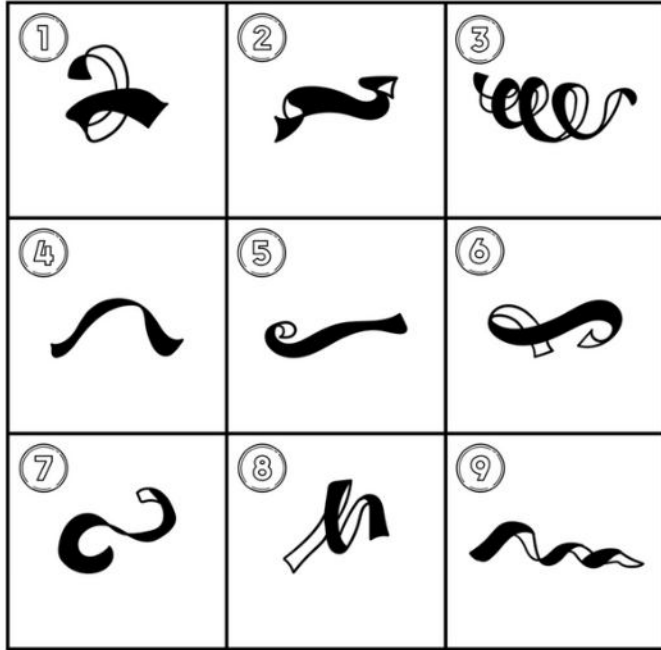


HOW IS YOUR DAY GOING?

Pick an image from 1-9. Circle or color it to represent your day.



WHAT'S HAPPENING?

List today's events which stand out in your mind - positive and negative:

TELL US MORE!

How are you feeling, and how have the events of today helped or hindered your mood? What would you like to happen during the rest of the day, and how can you or others help this to happen?

**FOR MORE BUMPER PACKS,
CHECK OUT...**

