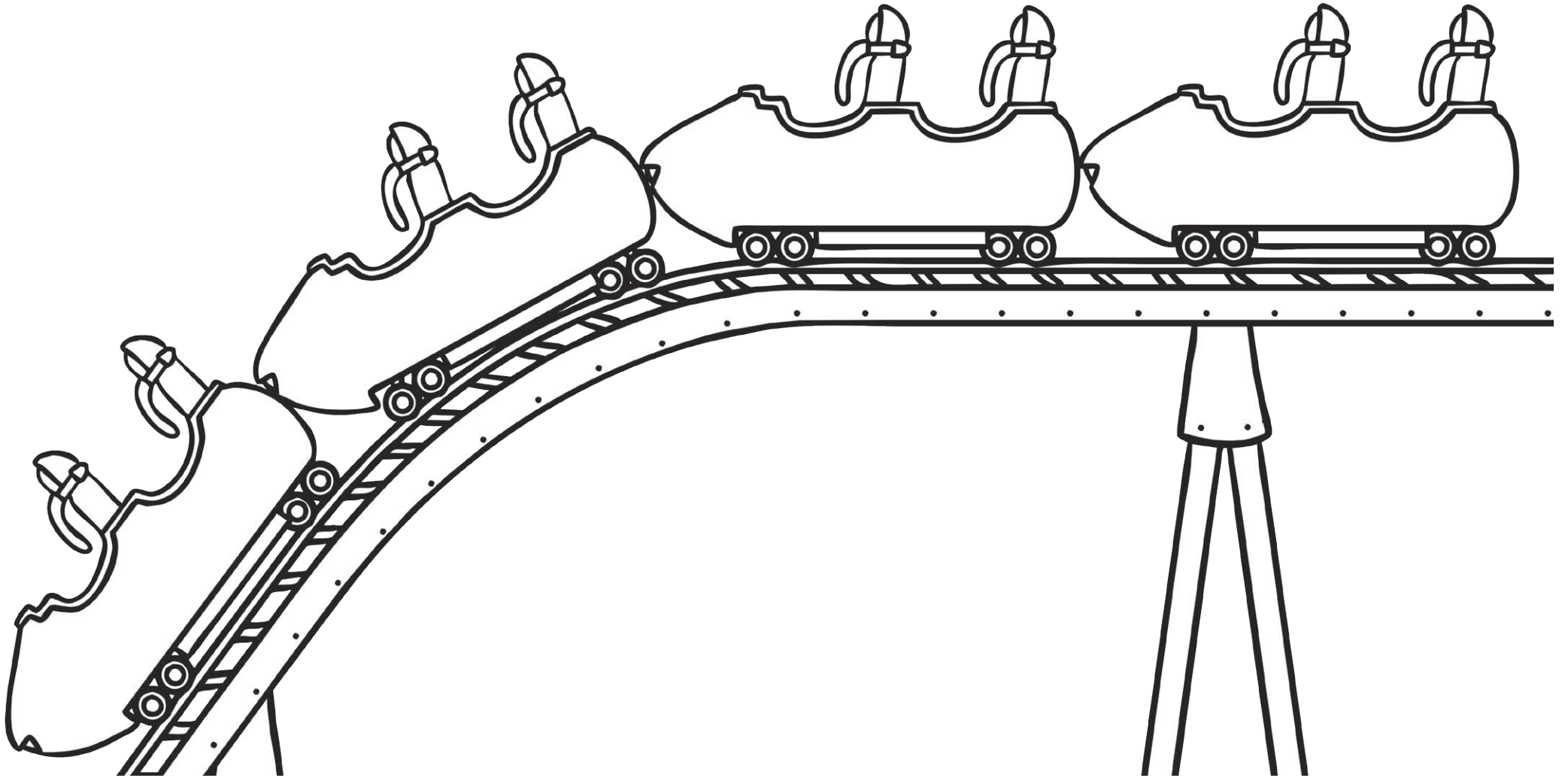


Emotional Rollercoaster

All of us will experience emotional highs and lows throughout the day, week, month, or year. It is okay to have these mood changes, but when they become significant and stop us doing the things we like, we may need some help.

Can you write on the rollercoaster carriages below when you feel happy or sad and what caused you to feel like this?



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