

How am I feeling?

Sometimes it can be difficult to know how we are feeling, before we can answer the question R U OK? It can help to check in with our selves first.

Let's start by grounding ourselves:

This can help you step away from all the stress, difficult thoughts, and other things on your mind.

First List Five things you SEE around you.



List FOUR things you can TOUCH around you.



List THREE things you HEAR.



List TWO things you can SMELL.

List ONE thing you can TASTE.



Now that you are grounded, colour in the person to represent how you are feeling in this moment (Get creative, you can use whatever is available to you!)

