

When I got here today

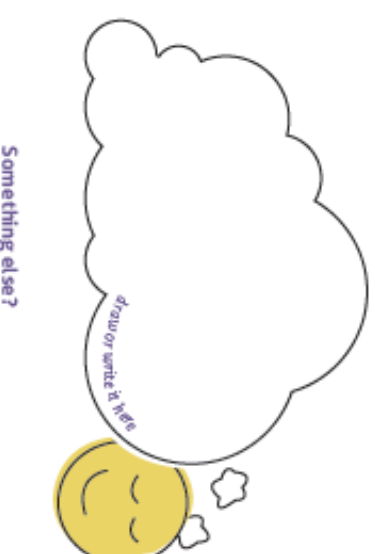
www.childhood.org.au

Mapping the day

SPACE exercise

WHEN I GOT HERE TODAY:

I was thinking about



My body is/was feeling



Relaxed



Happy



Sad



Grumpy



Worried