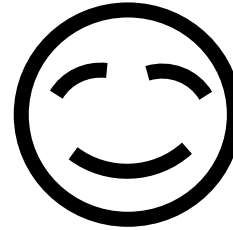
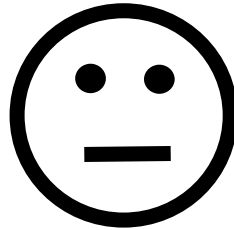
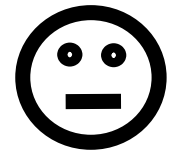
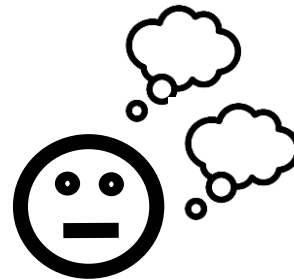
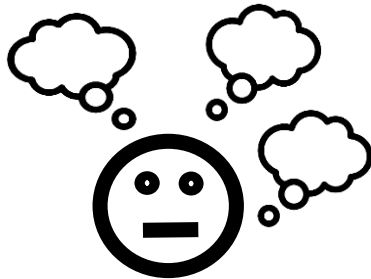


How are you?

1) My HEART feels like this now:



2) My HEAD feels like this now:

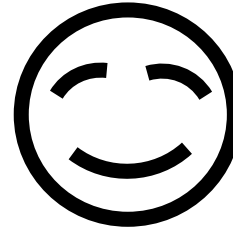
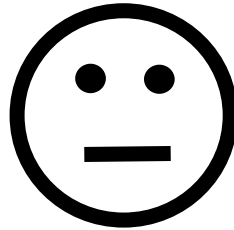


Name: _____

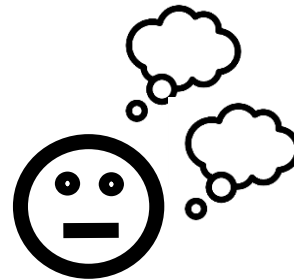
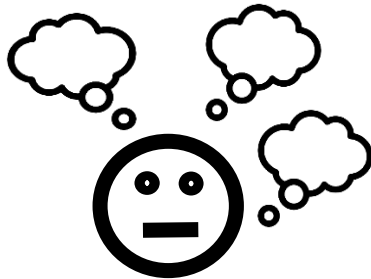
Age: _____

How are you?

1) My HEART feels like this now:



2) My HEAD feels like this now:

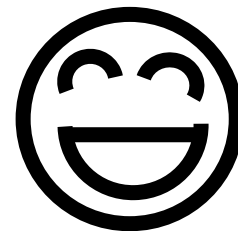
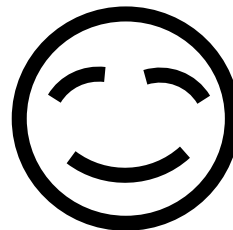
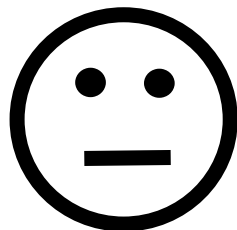


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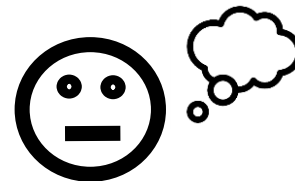
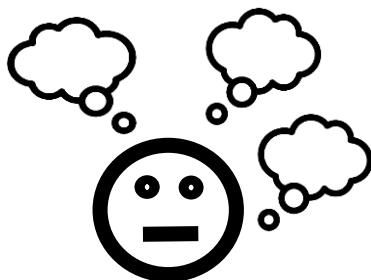
Age: _____

How are you?

1) My HEART feels like this now:



2) My HEAD feels like this now:

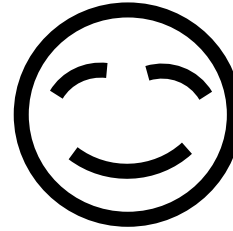
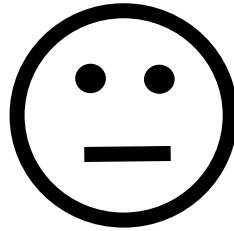


Name: _____

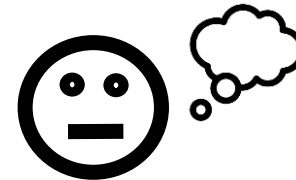
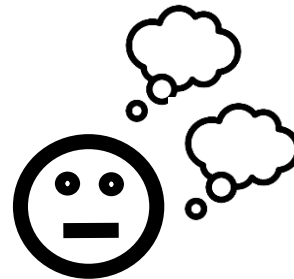
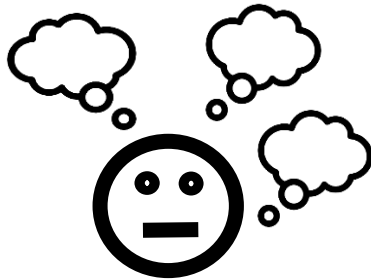
Age: _____

How are you?

1) My HEART feels like this now:



2) My HEAD feels like this now:



Name: _____

Age: _____

"Hi everyone, I want to know how you are feeling and thinking before the activity today. You will see a piece of paper in front of you. Please write your name and age on the paper. Raise your hand once you are done. Ok, now you will see two questions on the paper. The top question asks how are you feeling right now, how is your heart. Please look at the pictures and circle just one of the faces that shows how you feel right now. Just one please. Raise your hand when you are done. Ok, the bottom question asks how is your mind feeling right now, how are your thoughts. Please look at the pictures and circle just one of the faces that shows how your mind feels right now. Just one please. Raise your hand when you are done."