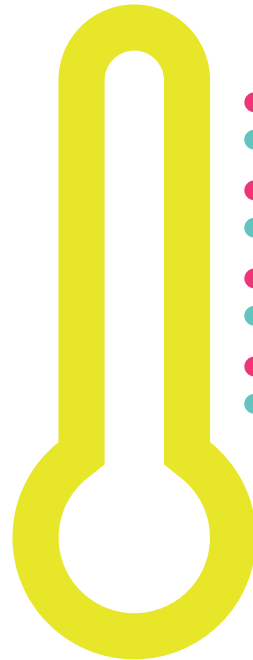


# gauge your temperature

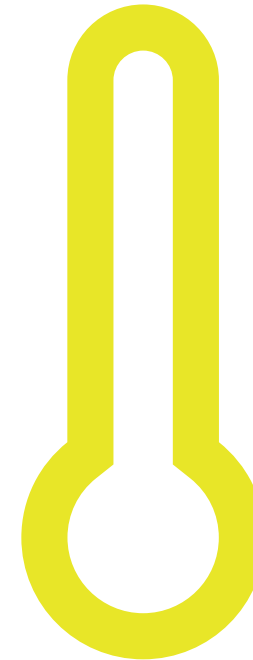
Mark on the thermometer how you are feeling below.



**Anxiety**



**Joy**



**Sadness**

1. What things are causing me anxiety?
2. What could I put in place to help my anxiety?
3. Name 3 things that are causing me joy
4. Who can I speak to about feeling sad?