



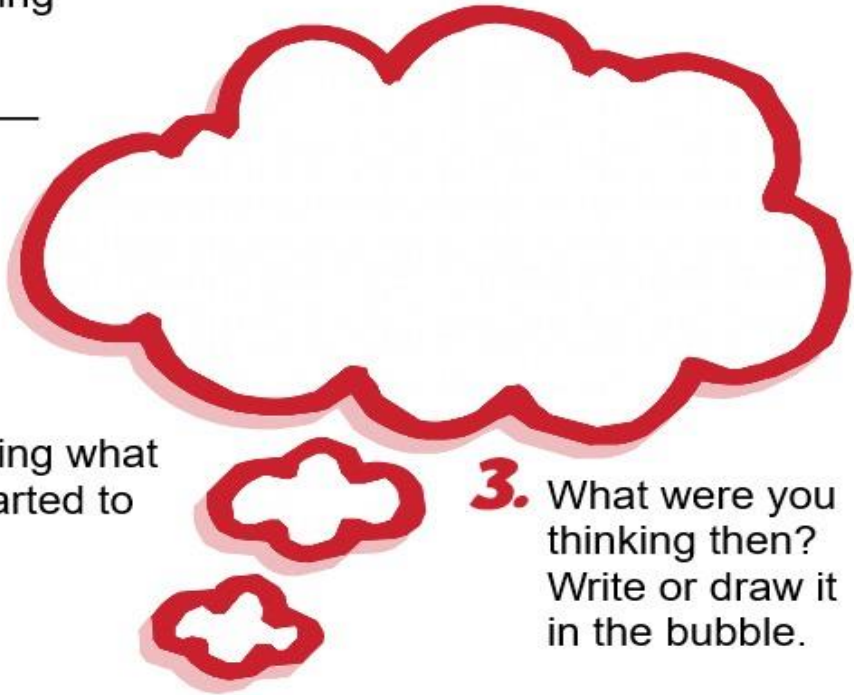
This is a really useful worksheet to use to find out how your child is feeling and what they are doing and thinking to make them feel that way.

SPOTTING THE BIG THOUGHT

1. I have been feeling

2.

Draw a picture showing what you did when you started to feel like this.



3. What were you thinking then?
Write or draw it in the bubble.

