

Happy and Sad Mind

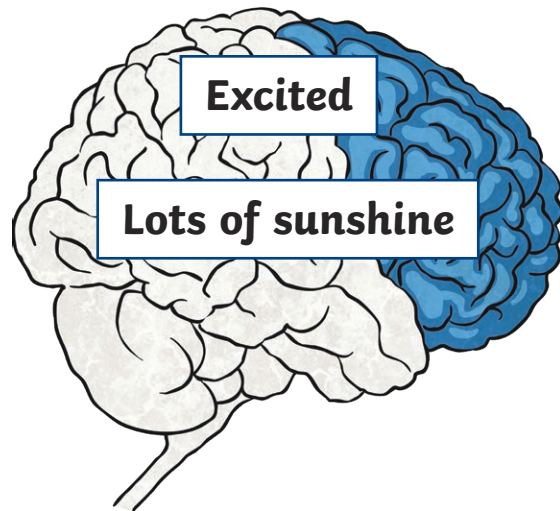
Sometimes you will feel sad and sometimes you will feel happy. It can be difficult to think about and understand what effect your feelings have on you and your mind.

Use the two pictures below of your mind and draw or write words inside them to describe what is happening in your mind when you feel happy and sad.

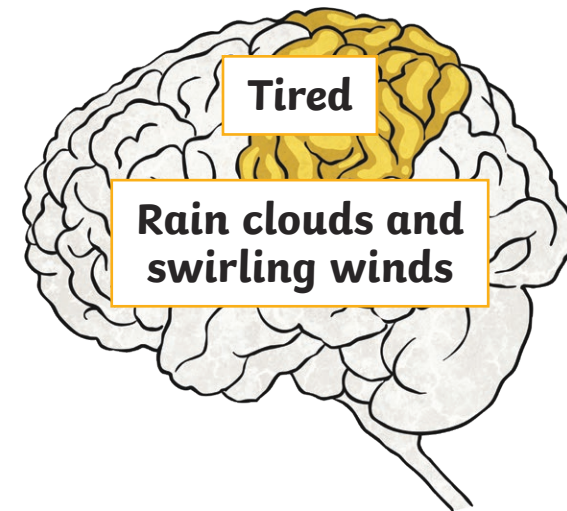
There is no right or wrong way of completing this and it is likely to be different for every person.

Here is an example to help you get started:

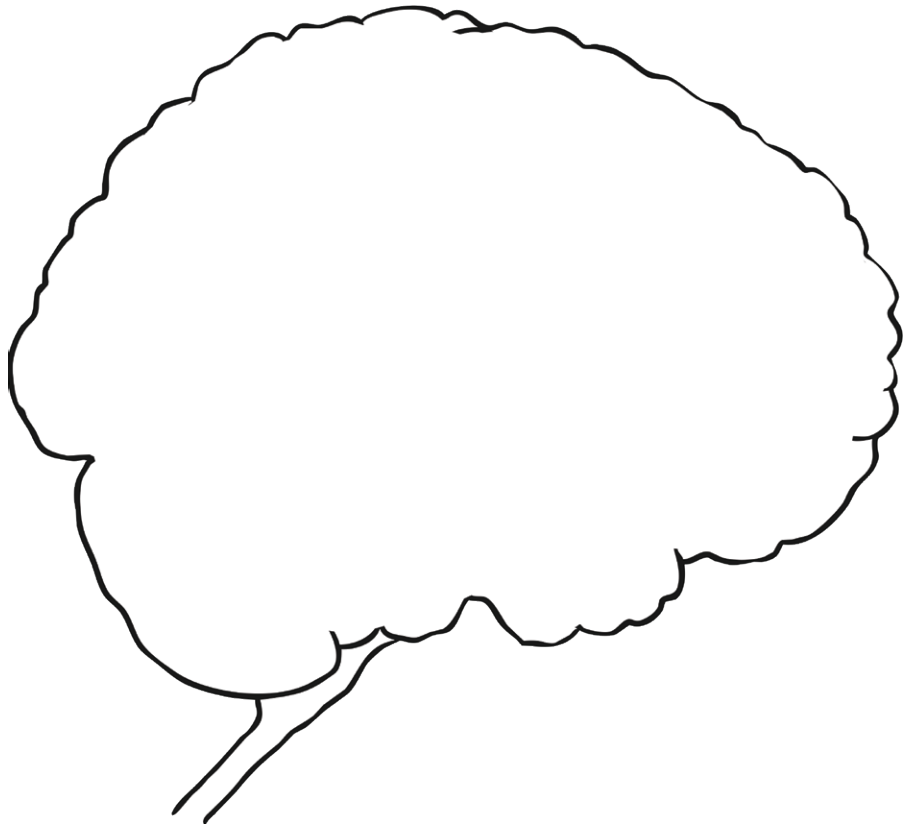
Happy Mind



Sad Mind



Happy Mind



Sad Mind

