

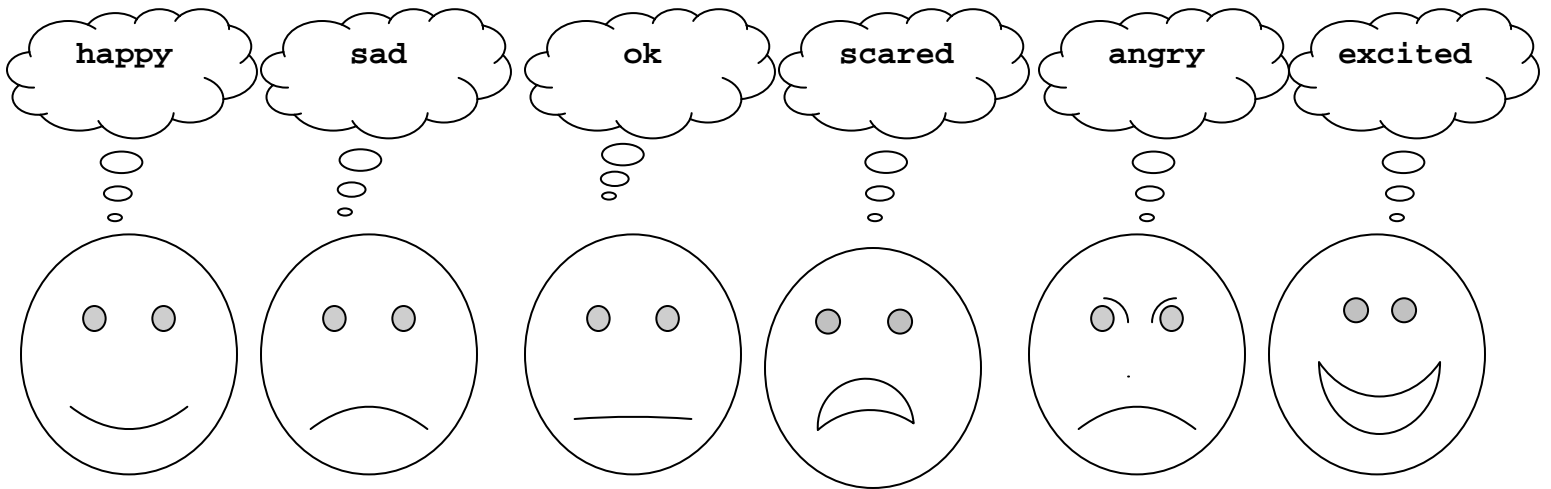
everyBODY dance

Name _____ Date _____

How are you feeling today?

Take a moment to see how you're feeling. If you feel more than one of the emotions below eg happy & excited, circle or colour in the face which is the strongest feeling.

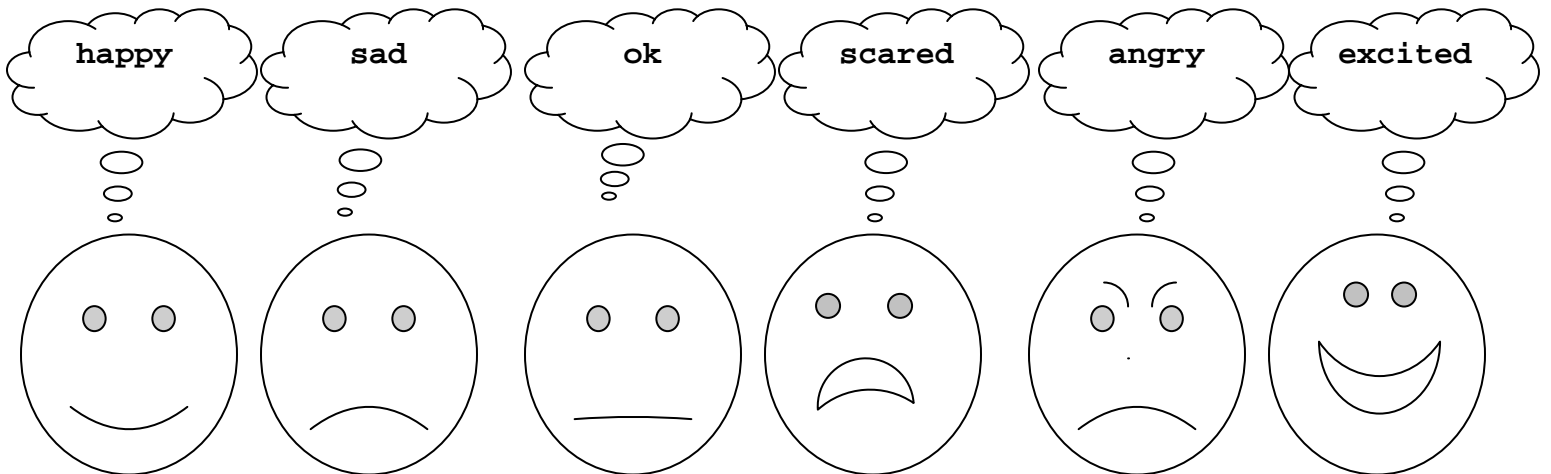
BEFORE the dance session today I felt...



I think this is because.....

.....

AFTER the dance session today I felt...



I think this is because.....

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