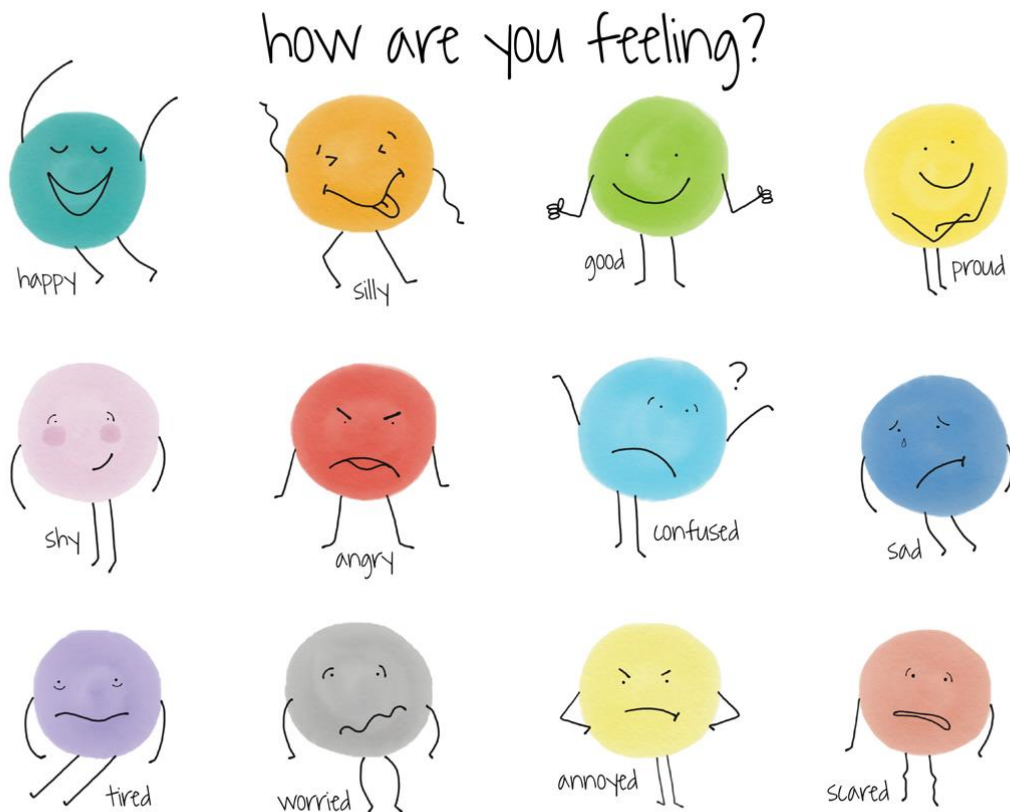


Children Support Guide

It is important for us to always be checking on how we are feeling. How have you been feeling this week?



Lets rate this out of 10!

10 = the most you have ever felt this way.

0 = the smallest amount you have ever felt this emotion.

How strong are you feeling this way today?

Next we are going to look at more about you. The worksheet is below but you can also see online

<https://www.therapistaid.com/worksheets/self-esteem-sentence-completion.pdf>

Complete the sentences below, let's get to know you more!



I was really happy when...



Something that my friends like about me is...



I am proud of...



My family was happy when I...



In school, I am good at...



Something that makes me different and unique is...