1C (iii) JUST A TYPICAL WEEK:

WE ALL HAVE EMOTIONAL EXPERIENCES IN SCHOOL, RELATIONSHIPS, AT WORK, WHEN WE SOCIALISE, WITH OUR FAMILY AND JUST IN EVERYDAY LIFE.

In the boxes below, record as many of the different feelings you tend to regularly have in ONE WEEK relating to your emotional experiences. There is no right or wrong answer. We all experience the exact same emotions, just in personal ways. WRITE IN YOUR OWN WORDS, what YOU experience, you do not need to censor your words.