Rate My Feelings

Name: ........................... Date: ................

How I feel about leaving Primary School

0 1 2 3 4 5 6 7 8 9 10

![C:\Users\Janet\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\VXZWDVL5\MC900423165[1].wmf]() ![C:\Users\Janet\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\PNU67TE8\MC900423153[1].wmf]() ![C:\Users\Janet\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\UBGK4A21\MC900423159[1].wmf]()

How I feel about starting Secondary School

0 1 2 3 4 5 6 7 8 9 10

![C:\Users\Janet\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\VXZWDVL5\MC900423165[1].wmf]() ![C:\Users\Janet\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\PNU67TE8\MC900423153[1].wmf]() ![C:\Users\Janet\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\UBGK4A21\MC900423159[1].wmf]()

Think about how you feel at the moment and circle a number. You may have very mixed feelings at the moment due to the circumstances caused by Coronavirus. Talk to someone you live with about your feelings and why you chose the number you did. You may have an opportunity to share with friends about how they feel too.

Go back to this chart again, maybe when you finish working through these activities or maybe at a later date and think about whether your feelings have changed at all. Have a chat with someone about where you are now and why.