

WHAT IS ON MY MIND?

Circle the number that represents how you feel and share this with someone in your family to help talk things through. You can use the notes on the right hand side too.

I FEEL SCARED ABOUT THE VIRUS

1 2 3 4 5

1 = I feel very scared,
5 = not scared at all

I HAVE LOTS TO DO NOW I AM AT HOME

1 2 3 4 5

1 = I have lots to do,
5 = nothing to do

I FEEL ANGRY ABOUT WHAT HAS HAPPENED

1 2 3 4 5

1 = I feel very angry,
5 = not angry at all

I THINK THERE IS MORE I COULD DO TO HELP MY FAMILY

1 2 3 4 5

1 = I could do more,
5 = I am doing all I can

I FEEL CHEATED BECAUSE OF THE VIRUS

1 2 3 4 5

1 = I feel cheated,
5 = not cheated

I FEEL CLOSER TO MY FRIENDS NOW

1 2 3 4 5

1 = I feel closer,
5 = not as close

I WORRY ABOUT MY FAMILY BECAUSE OF THE VIRUS

1 2 3 4 5

1 = I worry a lot,
5 = I do not worry

I FEEL LONELY NOW THAT I HAVE TO BE AT HOME

1 2 3 4 5

1 = I am lonely,
5 = I am not lonely

I AM ANXIOUS ABOUT WHAT THE FUTURE HOLDS FOR ME

1 2 3 4 5

1 = I am anxious,
5 = I am not anxious

