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|  | **10. Today is a great day!** |
| **9. Today I am good. I am hopeful for today.** |
| **8. Today is going well. I hope the rest of the day will too.** |
| **7. Today I am good so far.** |
| **6. I am having an ok day. I think it could go up or down.** |
| **5. Today I am up and down. I’m in the middle.** |
| **4. Today I am feeling a bit down. I am worried how the rest of the day will go.** |
| **3. Today I feel down. I will need the support of my friends.** |
| **2. Today is a sad day. Things have happened that do not usually happen and I need extra support.** |
| **1. Today is one of the worst days I have experienced. Things have happened that have shocked me and made me feel very sad. I need extra help today.** |