



10

10. Today is a great day!



9

9. Today I am good. I am hopeful for today.



8

8. Today is going well. I hope the rest of the day will too.



7

7. Today I am good so far.



6

6. I am having an ok day. I think it could go up or down.



5

5. Today I am up and down. I'm in the middle.



4

4. Today I am feeling a bit down. I am worried how the rest of the day will go.



3

3. Today I feel down. I will need the support of my friends.



2

2. Today is a sad day. Things have happened that do not usually happen and I need extra support.



1

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.

