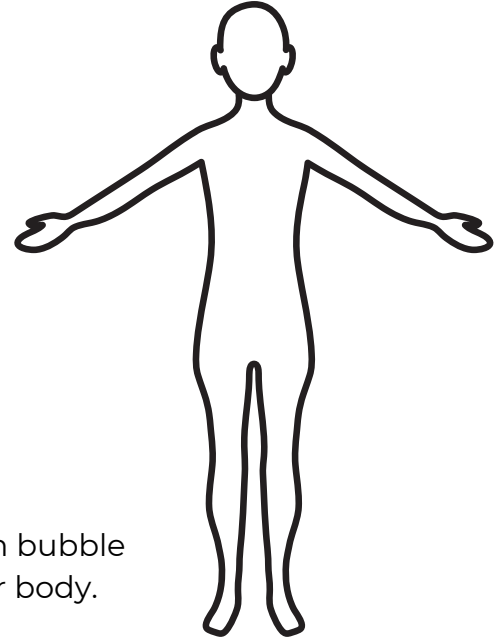
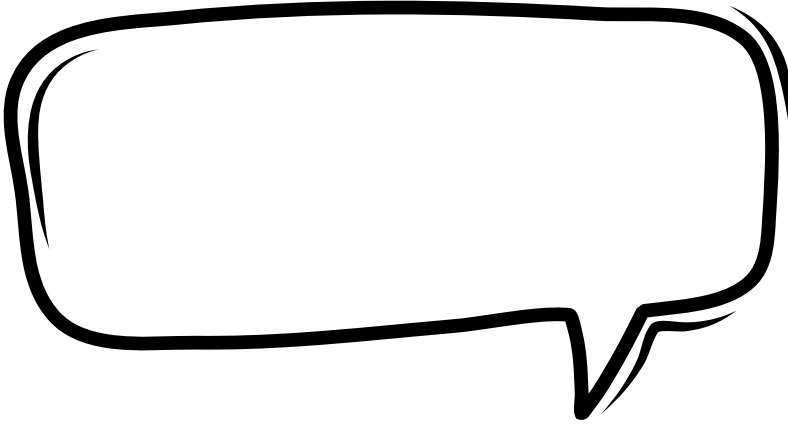


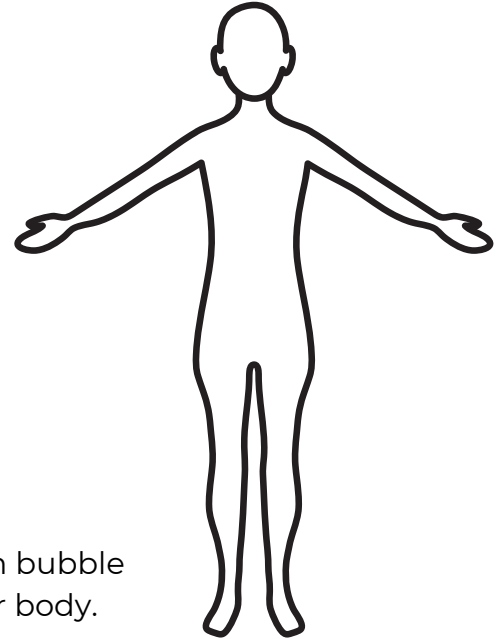
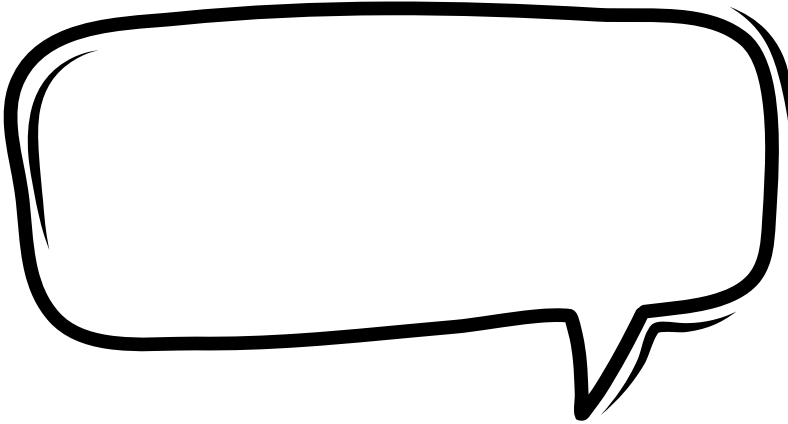
# Physical activity

Before



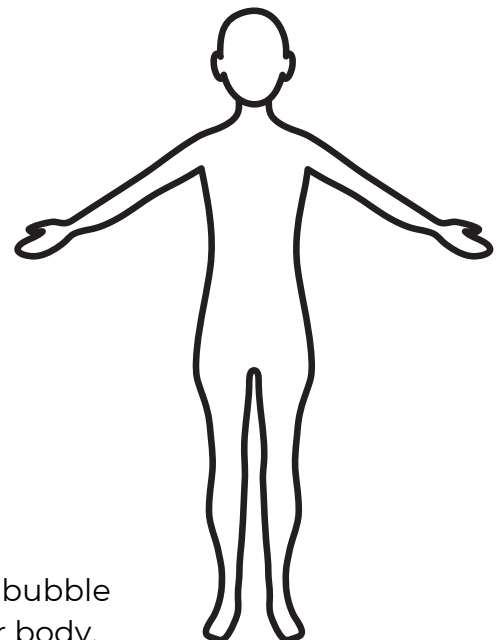
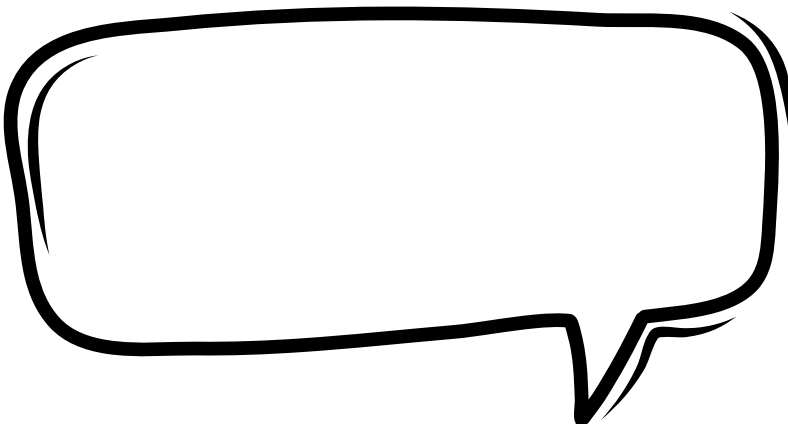
Write the emotions you feel BEFORE the activity in the speech bubble and mark on the body where you felt these emotions in your body.

During



Write the emotions you feel DURING the activity in the speech bubble and mark on the body where you felt these emotions in your body.

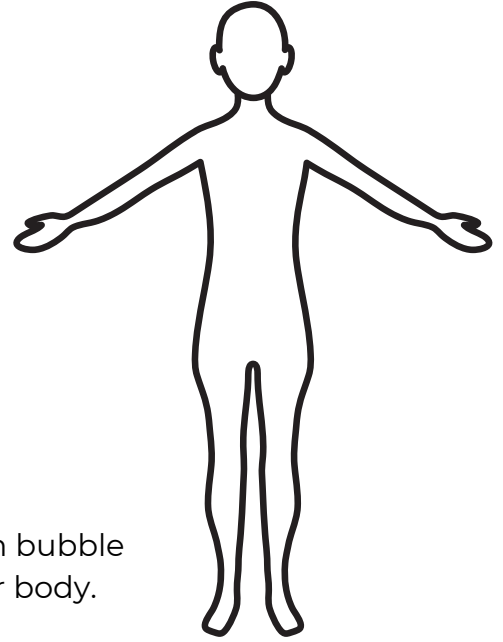
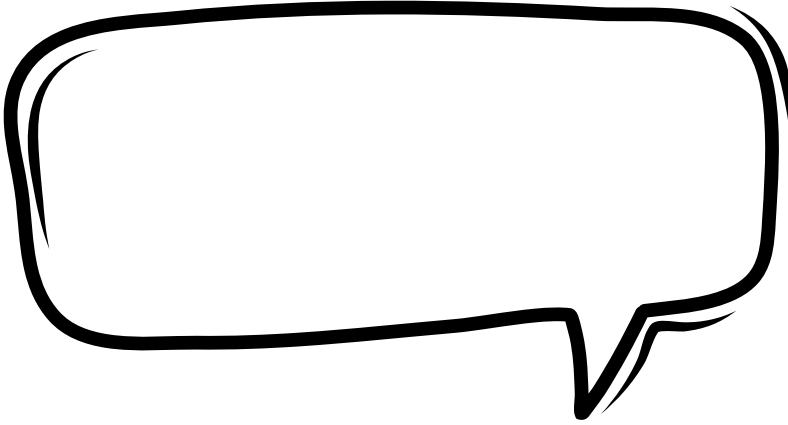
After



Write the emotions you feel AFTER the activity in the speech bubble and mark on the body where you felt these emotions in your body.

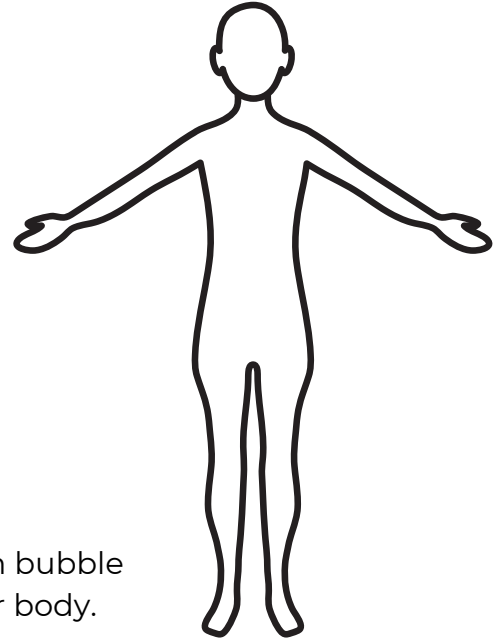
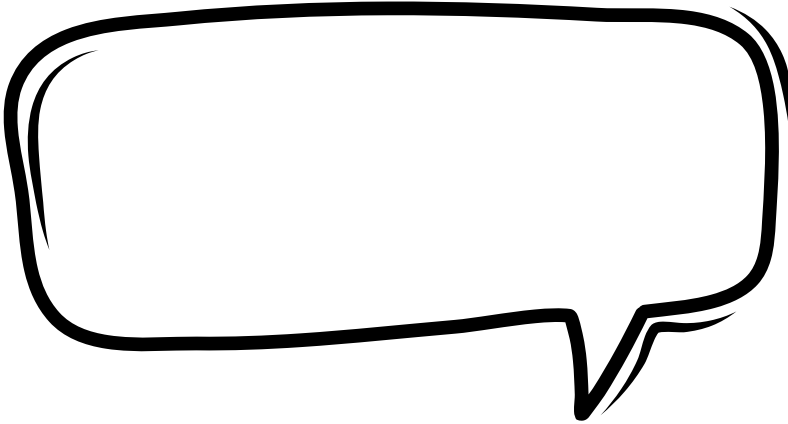
# Challenging activity

Before



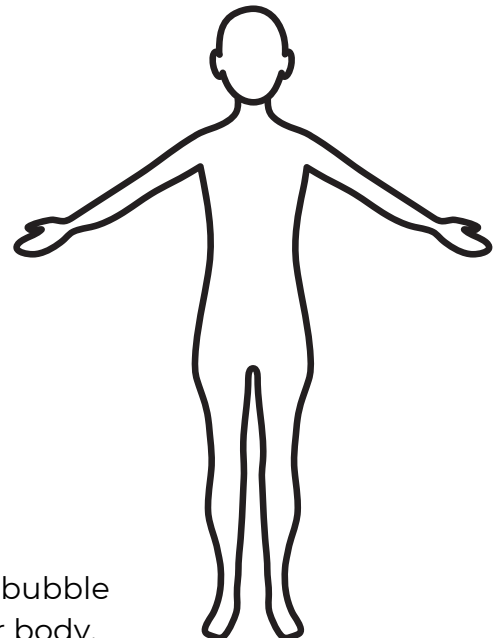
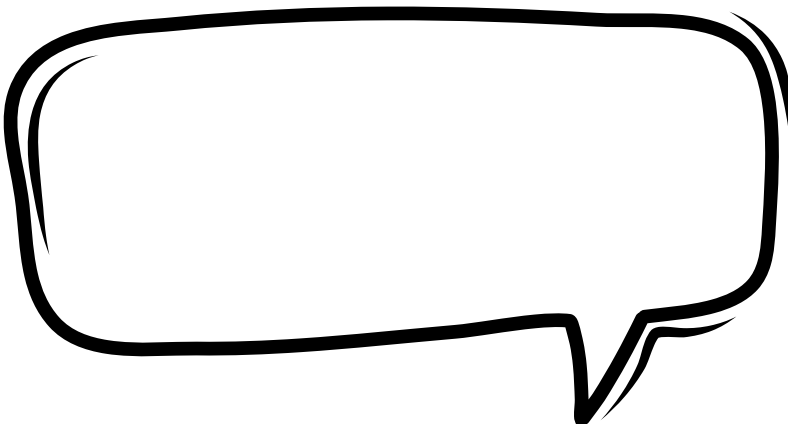
Write the emotions you feel BEFORE the activity in the speech bubble and mark on the body where you felt these emotions in your body.

During



Write the emotions you feel DURING the activity in the speech bubble and mark on the body where you felt these emotions in your body.

After



Write the emotions you feel AFTER the activity in the speech bubble and mark on the body where you felt these emotions in your body.