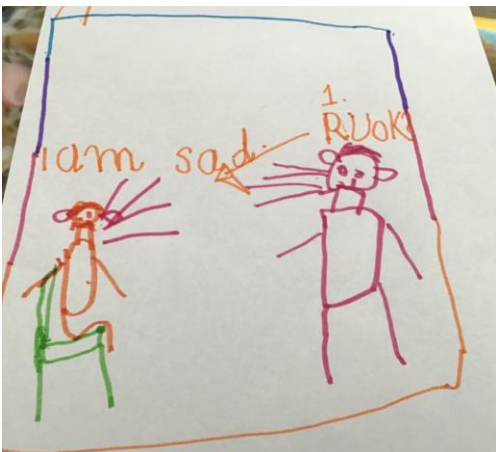


# R U OK Day activities

MY STRESS BALL

MY STRESS BALL





### Feelings Chart

A Y-chart identifies what something:

- Looks like
- Feels like
- Sounds like

Use the chart below to record what you think not feeling OK looks, sounds and feels like.



<b>Looks like:</b>	
angry	sad
embarrassed.	
<b>Sounds like:</b>	<b>Feels like:</b>
no talking	pounding heart
crying	Blue
	headache



Appendix I

**RUOK? at school**

### Feelings Chart

A Y-chart identifies what something:

- Looks like
- Feels like
- Sounds like

Use the chart below to record what you think not feeling OK looks, sounds and feels like.



<b>Looks like:</b>	
1. By themselves 2. Crying 3. Angry	
<b>Sounds like:</b>	<b>Feels like:</b>
1. Crying 2. Being quiet 3. Asking for help	They might think they won't ever be happy again.



Appendix I

**RUOK? at school**

Nicholas Budge

Polly