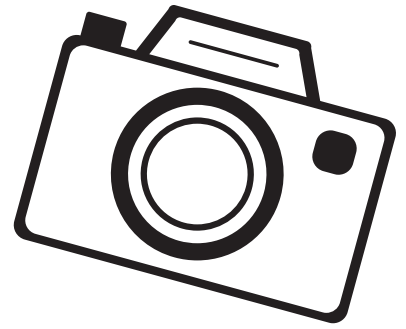




Snapshot



This sheet will help us to understand how you're feeling and find out what it is that makes your heart sing. We invite you to make a note of your feelings at the **beginning** and **end** of each activity to see how these thoughts change through the process.



Please do not complete this page before the start of the session

Session Date:

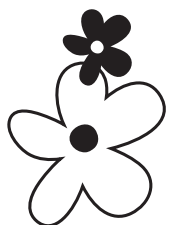
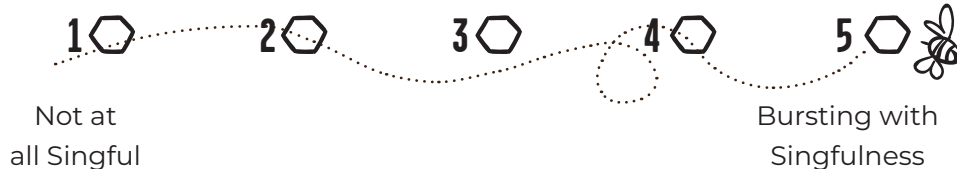
How are you right now?

Take a moment to check in with yourself & reflect on your day. Feel free to use words, phrases or sketches



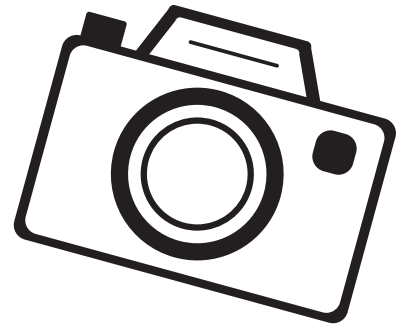
It's how you feel when you're doing something for the pure joy of it and the sense of calm you get from being in the moment.

Use the Singfulness Scale below to tell us how Singful you feel right now





Snapshot



During this session, was there any part that helped you to:

find your happy?

find your calm?

After the session

#BeeKind

How are you right now?

Take a moment to check in with yourself & reflect on your day.
Feel free to use words, phrases or sketches

Use the Singfulness Scale below to tell us how Singful you feel right now

1

2

3

4

5

Not at all Singful

Bursting with Singfulness

