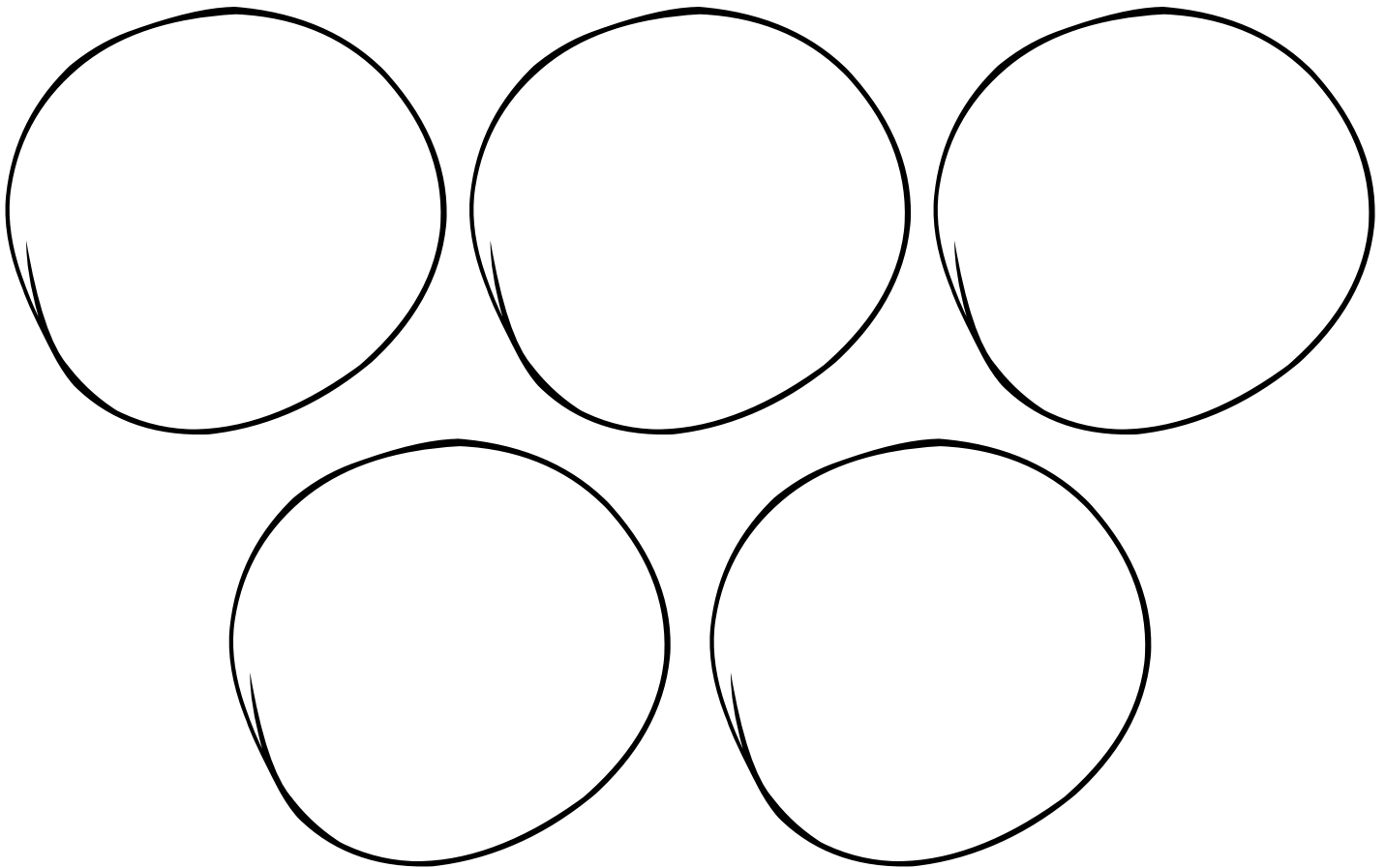


# What Color Is Your BLAH Today?

Color the circles across the page:

- Gray – I feel blah
- Blue – I feel tired or sad
- Yellow – I feel happy
- Red – I feel frustrated
- Green – I feel calm



## Instruction

Point to the color that feels right today.  
You can change your mind anytime.



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