



Some signs of feeling well - checklist

- Do you know when you feel well?
- Here are some signs of being well.
- You might like to circle some that you have.



Eating well

Shiny hair

Energy



Fresh breath

Going to the toilet regularly



Getting along with people

Calm



Clear Skin

No sores



Happy

Sleeping

Active



Some signs of feeling sick - checklist

- What are your signs of feeling sick?
- Here are some signs of sickness.
- You might like to circle some that you have had.



Sleeping badly

Rash on skin

No energy

Runny nose



Losing weight

Cranky a lot

Bad smelling breath

Pain



Sad a lot

Shortness of breath

Sore throat

Hurts to poo or wee

You should talk to your doctor about these signs.



- My Doctor: _____ ☎ Phone number: _____