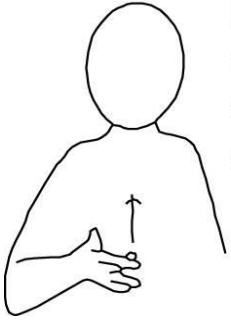

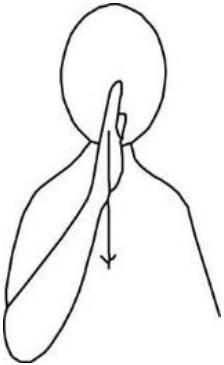
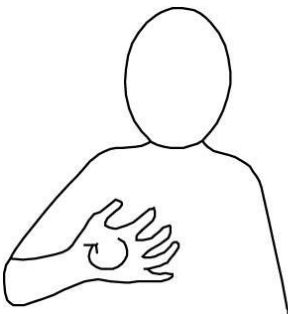

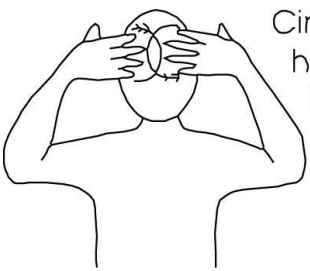


Signs of the Week

| | |
|---|---|
|  <p>Middle finger moves up centre of chest</p> <p>To feel</p> |  <p>Happy</p> |
|  <p>Sad</p> |  <p>Clawed hand circles on chest</p> <p>Anxious</p> |
|  <p>Tense hand Use both hands if very worried</p> <p>Worried</p> |  <p>Circling clawed hands overlap in alternating movement</p> <p>Confused</p> |