

3 Choose five new emotions that you'd like to learn more about. Look up their definitions if you don't know them and write them down. In the following week, try to notice and express when you feel this way.

A series of horizontal dotted lines for writing.



A long-term feeling of not caring about anything can be a sign that you need some emotional support. Visit kidshelpline.com.au for advice or talk to a trusted adult who'll be able to help.