

How are you?

Family



School



Feelings






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	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	↑	Doing OK. Dealing with life's ups and downs while learning and growing.
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	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0		
	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	↓	Potentially distressed. Discuss, understand, support, and collaborate to improve a little each week or day - whatever timeframe works best.
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