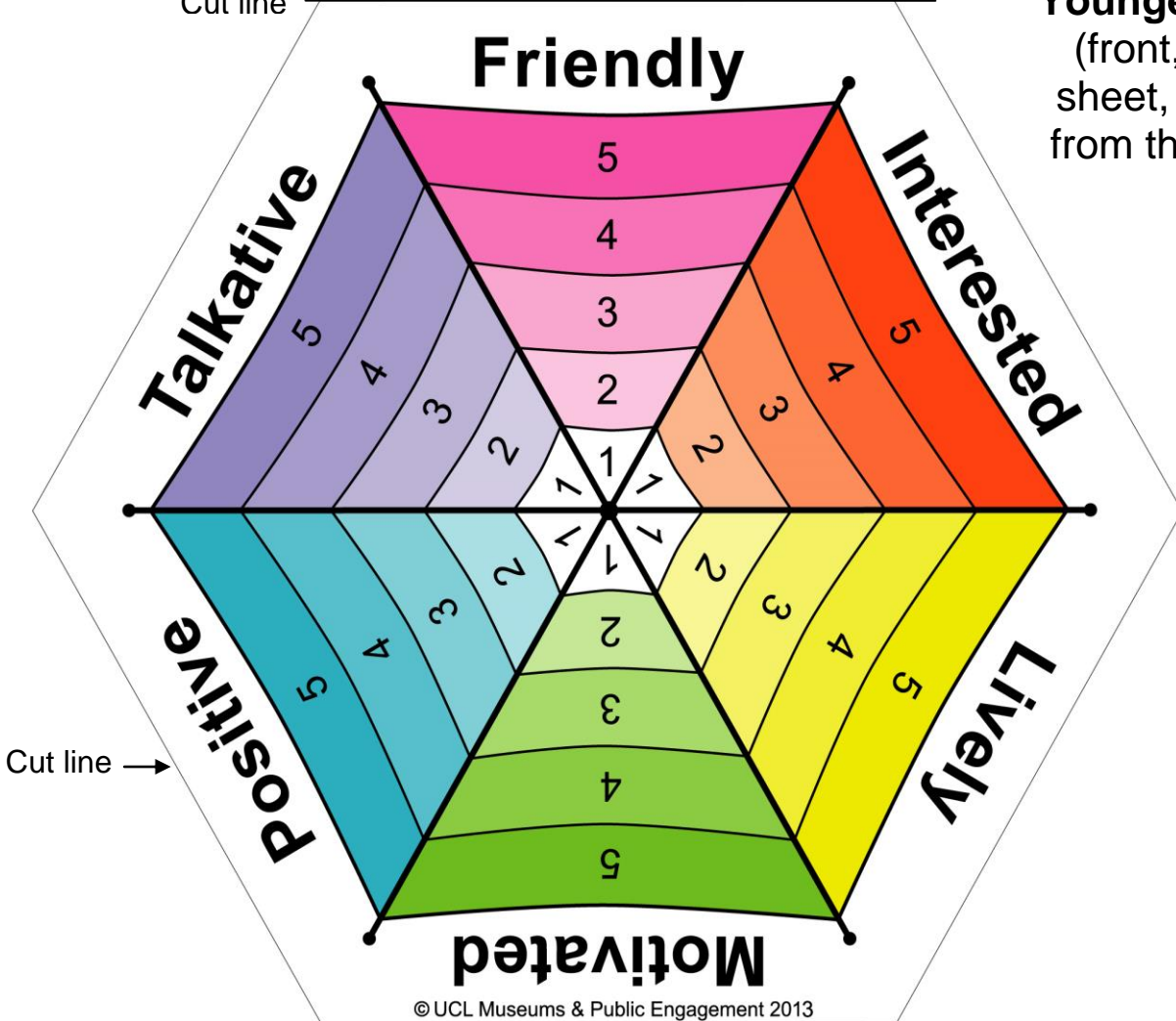


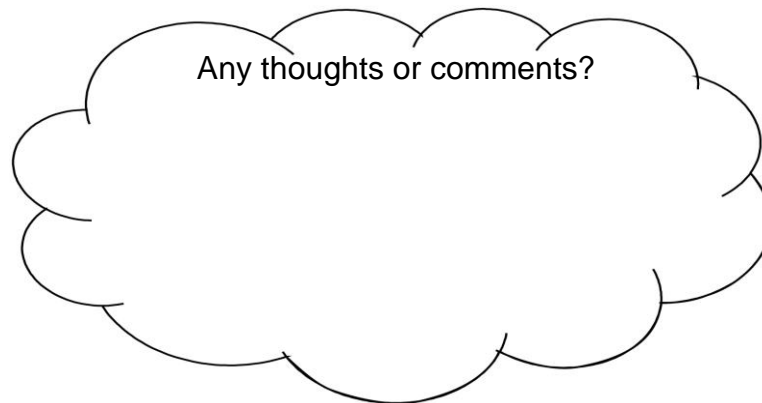
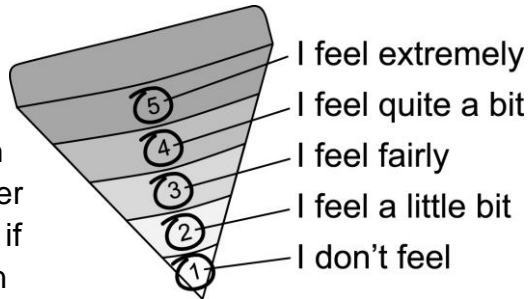
Positive Wellbeing Umbrella - Younger Adult
 (front, 2 per sheet, cut out from this side)



Positive Wellbeing Umbrella

Younger Adult

Six words are printed around the edge of this umbrella. Please score how much you feel each word by circling a number from 1 to 5, e.g. 'Lively', if you feel *fairly* lively, then you should circle 3.



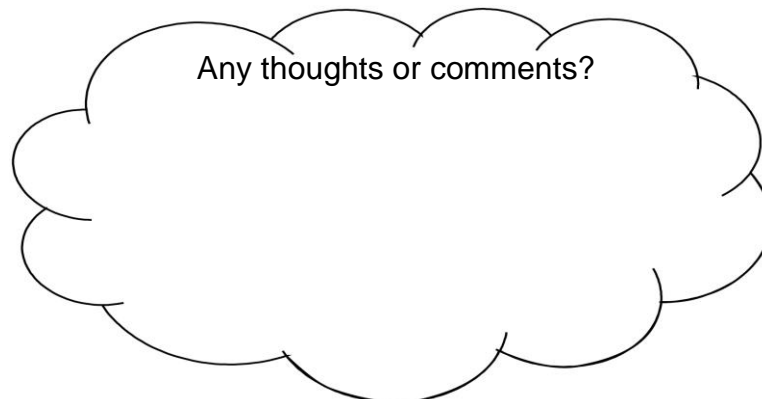
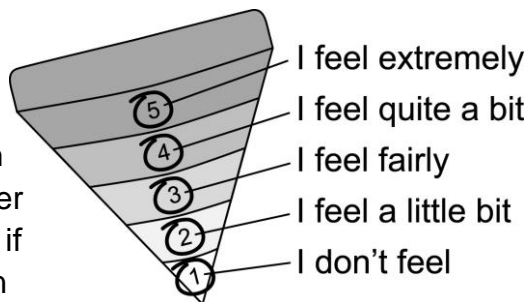
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Positive Wellbeing Umbrella - Younger Adult
(back, 2 per sheet, cut out from other side)

Positive Wellbeing Umbrella

Younger Adult

Six words are printed around the edge of this umbrella. Please score how much you feel each word by circling a number from 1 to 5, e.g. 'Lively', if you feel *fairly* lively, then you should circle 3.



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