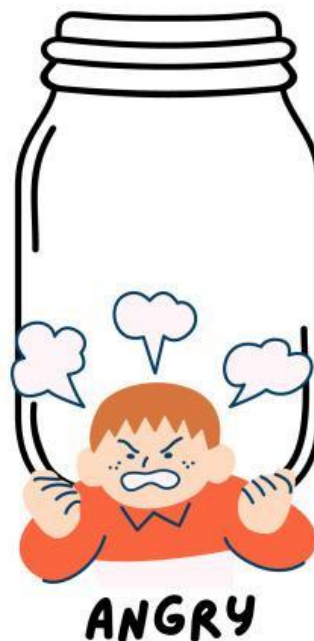


# TODAY I FEEL...

Color the jars according to how you feel today.



# Today I feel...

Circle the way you feel.

Happy    Sad    Angry    Nervous    Excited    Tired  
Worried    Focused    Confused    Joyful  
Confident    Upset

Write a word to describe your feelings.

## Today I am...

---

Draw a face showing the way  
you feel today..



# Today I feel...

Circle the way you feel.

Happy    Sad    Angry    Nervous    Excited    Tired  
Worried    Focused    Confused    Joyful  
Confident    Upset

Write a word to describe your feelings.

## Today I am...

---

Draw a face showing the way  
you feel today..

