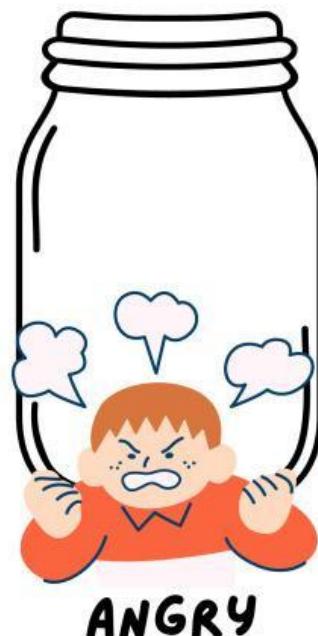


TODAY I FEEL...

Color the jars according to how you feel today.



Today I feel...

Circle the way you feel.

Happy Sad Angry Nervous Excited Tired

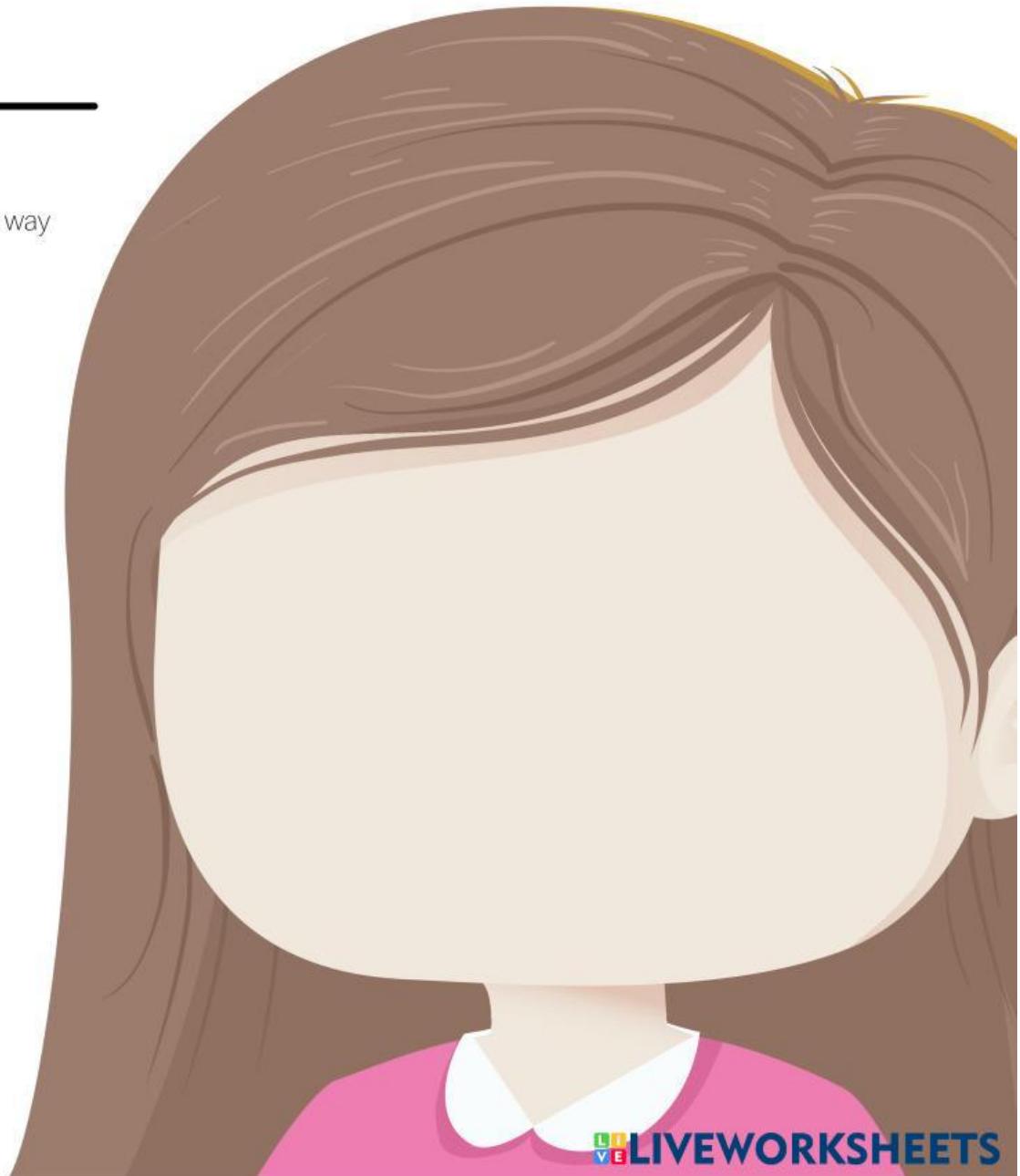
Worried Focused Confused Joyful

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..

