

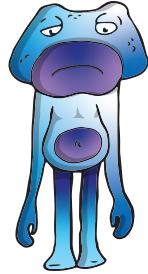
How are you feeling today?

Circle the colourful creature below or draw your own

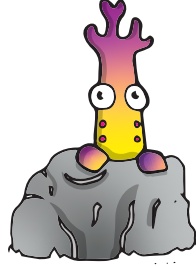
I'm happy



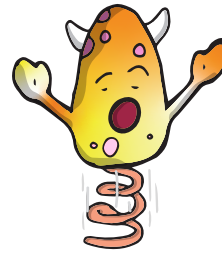
I'm sad



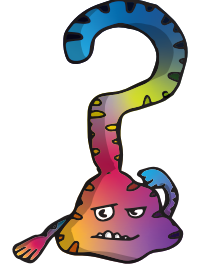
I'm shy



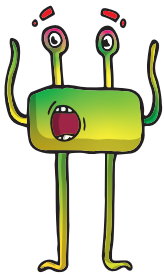
I'm excited



I'm confused



I'm surprised



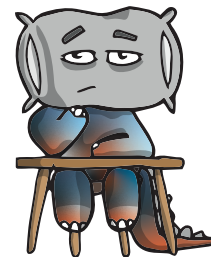
I'm hurt



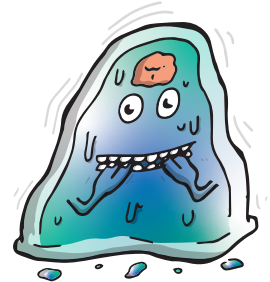
I'm grumpy



I'm bored



I'm nervous



Draw your own here to show others how you feel

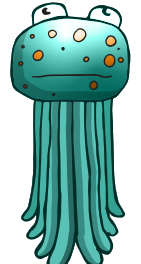
I'm jealous



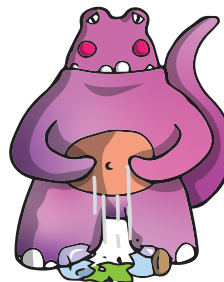
I'm angry



I'm okay



I'm embarrassed



I'm disappointed



Date _____

Write the feeling your circled or drew here:

Write or draw what made you feel this emotion? That could be seeing a friend with a toy you like, or eating something nice.*

Write or draw what you feel like doing? That could be cry, laugh or even sing!*

Date _____