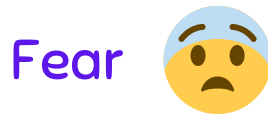


My Emotions

My Name is: _____

Today is: _____

I feel...



From one of the emotions above, circle the one closest to how you are feeling right now.

Is there a better word to describe how you feel?

What happened today to make you feel this way?

Do you like feeling this way? Why or why not?

Who would you tell these feelings to and why?
