

ABOUT MY DAY

My Name is: _____

Today is: _____

What did you do today?

What was your favourite part of today?

Why?

What was your least favourite part of today?

Why?

What words best describe how you felt this morning?

Happy	Mad	Sad	Glad	Worried	Excited
Annoyed	Upset	Bored	Scared	Sick	Nervous

What words best describe how you feel now?

Happy	Mad	Sad	Glad	Worried	Excited	Nervous
Annoyed	Upset	Bored	Scared	Sick		

Draw a picture about something you saw, thought of, felt or did today.

