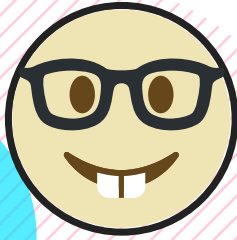


HOW DO YOU FEEL TODAY?

Directions: Use this worksheet to reflect on how you feel today.



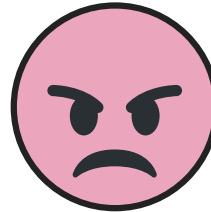
(1) HAPPY



(2) NERVOUS



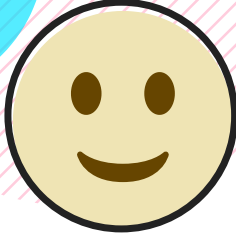
(3) SAD



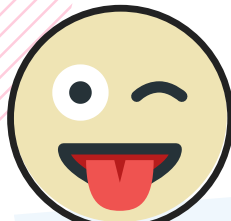
(4) ANGRY



(5) TIRED



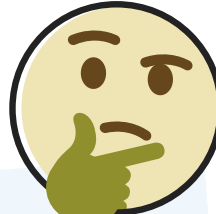
(6) PREPARED



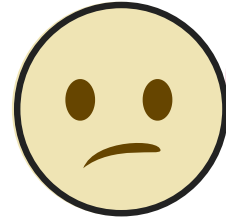
(7) SILLY



(8) EXCITED



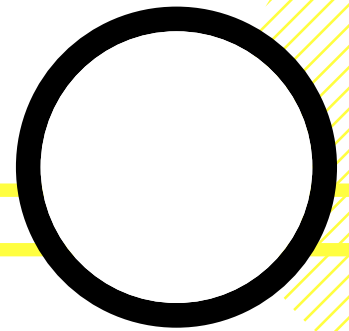
(9) CONFUSED



(10) ANNOYED

MORNING

How do you feel? You can use one of the numbers, words, or faces above to describe how you feel. You can also write a new word or draw a different face!



Do you like this feeling?

YES!

How can you make it last all day?

NO.

How can you fix it?

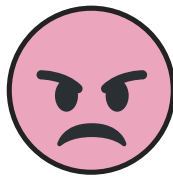
Not feeling great? If you feel one of these ways, you can try these ideas to fix it!
(Be sure to ask your teacher to get out of your seat or to talk during quiet time!)



(2) NERVOUS



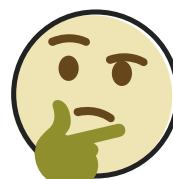
(3) SAD



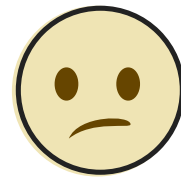
(4) ANGRY



(5) TIRED



(9) CONFUSED



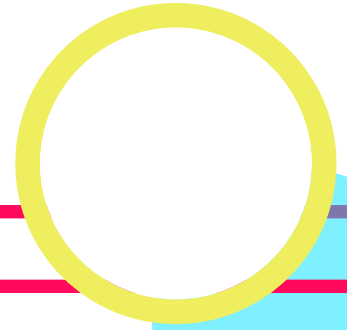
(10) ANNOYED

1. Talk about it to a friend or the teacher.
2. Try taking 10 deep breaths.
3. Stand up and stretch.
4. Stand up and shake your body.
5. Ask a question to help you understand.

6. Write down or draw your feelings.
7. Make a list of things you are thankful for.
8. Write someone you love a thank you note.
9. Take a few big drinks of water.
10. Put your head down to rest a minute.

AFTERNOON

How do you feel? You can use one of the numbers, words, or faces above to describe how you feel. You can also write a new word or draw a different face!



Is this how you want to feel at the end of the day?

YES!

Awesome! Any tips for how to do that again tomorrow?

NO.

How can you improve this tomorrow?

TONIGHT

If you have time, use this space to plan for making tonight a good night. You can do whatever you want! You can write yourself a list of things to do. You can draw a picture of you doing something nice for someone. You can even make a plan for tomorrow morning to remind yourself of things!