

Name \_\_\_\_\_

Date \_\_\_\_\_

# HOW ARE YOU FEELING TODAY?

Draw a picture of what your face look like today, then answer the questions below.



I am feeling this way because:

\_\_\_\_\_  
\_\_\_\_\_

Some things I can do to help myself feel better are..

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Some things others can do to help me feel better are..

1. \_\_\_\_\_
2. \_\_\_\_\_

Right now, I need \_\_\_\_\_