Name_____

♡ How I Feel

What I Feel?	Happy	Mad	Sad	Glad
	Worried	Excited	Bored	Scared
	Annoyed	Upset	Sick	Nervous

I feel this way because?

This is what I did about it:

Something else I could have done is

	Mad	Sad	Glad
	Excited	Bored	Scared
	Upset	Sick	Nervous