

Name : _____ Date : _____

My Feelings Today

Directions:
Look at the feelings below.
Circle the feeling that matches how you feel today.
Then answer the question.

Sad

Happy

Angry

Excited

Worried

Calm

1. How do you feel today?

2. What made you feel this way?

3. When did you start feeling this emotion?

4. Where were you when you felt this emotion?

5. What happened before you felt this way?
