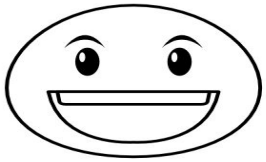
Name: Date:

How Do I Feel?

Directions: Circle how you feel.

Today I feel:



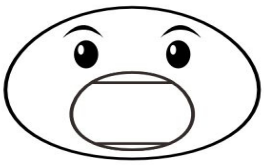
HAPPY



SAD



WORRIED



EXCITED



SCARED

I feel this way because:

_____

_____

_____