

Name: _____

MY FEELINGS CHART

It's okay to feel many different feelings.
Let's check in with how we feel each day!

1. HOW DO I FEEL TODAY?

Circle the feeling that matches how you feel.



HAPPY



SAD



MAD



WORRIED



CALM

2. DRAW MY FEELING

Draw a picture of how you feel right now.



3. WHAT CAN HELP ME?

Draw or write things that can help when I have big feelings.



4. REFLECTION TIME

What feeling did I have the most today? _____

What is one thing I am proud of? _____



Stories by Savannah



FUN STORIES. BIG LESSONS. BRIGHTER FUTURES.