

EMOTION & MOOD

EXPLORER



MY FEELING FACES



Happy



Sad



Angry



Surprised



Confused



Nervous/
Anxious



Excited



Calmed/
Relaxed



Scared



Loved



Confident/
Proud

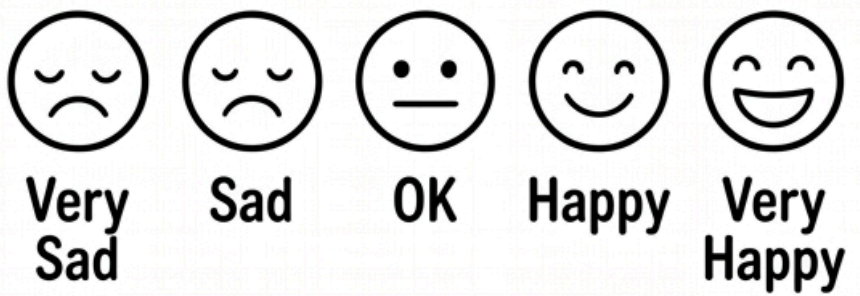


Hurt/
Upset

TODAY'S MOOD TRACKER

DATE: _____

MY MOOD TODAY:



WHY I FEEL THIS WAY:

REFLECTION & MINDFULNESS

Describe one happy thing that happened today:

.....

A time I felt upset was when...

.....

.....

How can I make myself or someone else smile?

.....

Draw a picture of what makes you feel safe:

