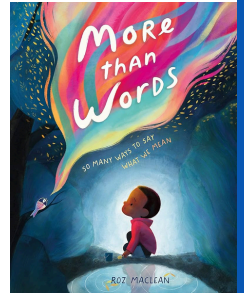


Name: _____ Date: _____

HOW I'M FEELING TODAY

We communicate with our emotions every day. Write about how you are feeling today and what emotion(s) you are communicating to those around you? What is making you feel this way?

Draw a picture to go with your writing that shows how you are feeling today.



How do you feel today?



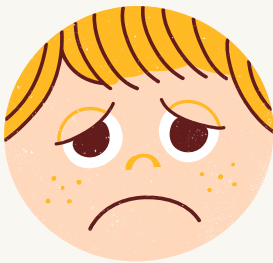
calm



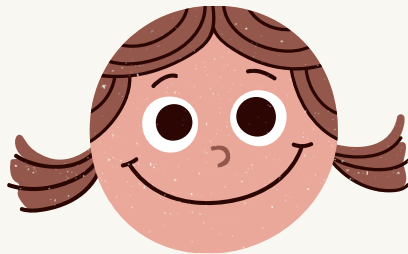
angry



sleepy



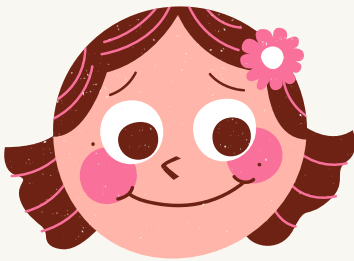
sad



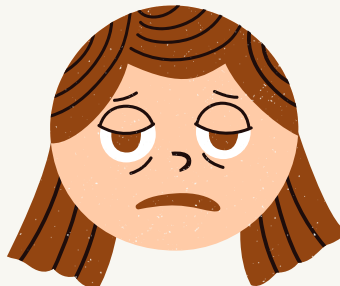
happy



worried



shy



tired



shocked



proud



hurt



afraid