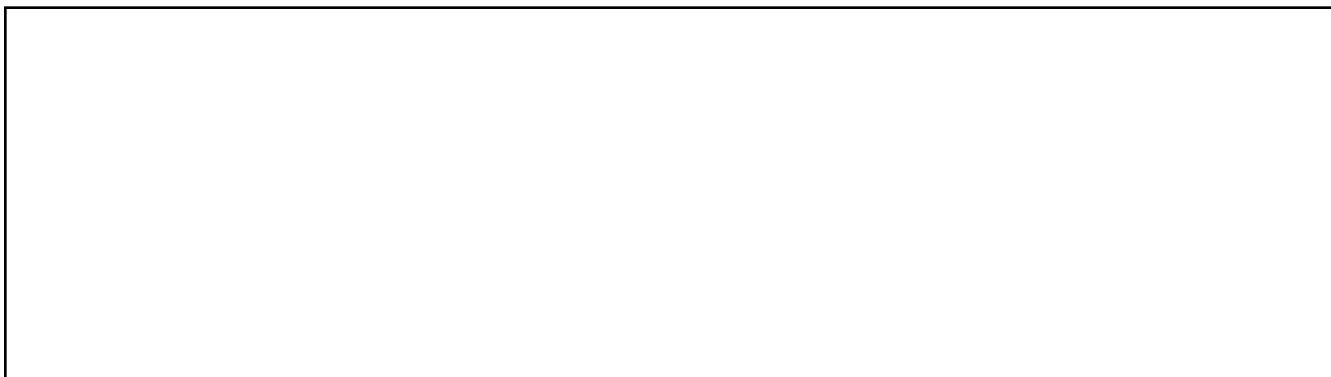


# How Do I Feel Today?

Today I feel:

- ☐ Happy
- ☐ Sad
- ☐ Angry
- ☐ Excited
- ☐ Nervous
- ☐ Confused
- ☐ Brave
- ☐ Scared
- ☐ Silly
- ☐ Other: \_\_\_\_\_

**Draw Your Feeling:**



**Why I feel this way:**

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**What helps me feel better:**

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**My Power Word Today:**