

Name:

Date:

My Daily Emotions Log

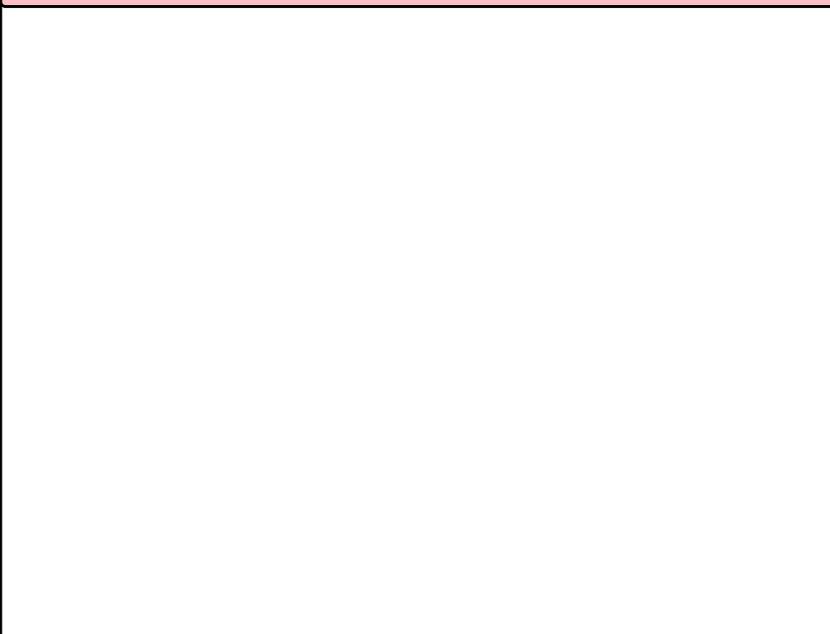
Choose two words from the list to describe how you feel today. Can't find your emotions there? Feel free to use other words.

I think these feelings are:

- both positive positive and negative
 negative and positive both negative

I feel this way because _____

What can cheer you up or help you stay happy today? Draw them below.



EMOTIONS LIST

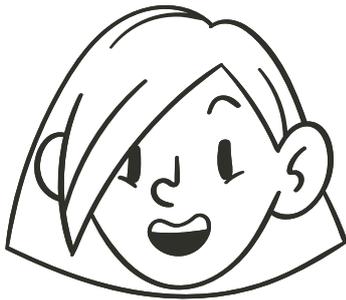
angry
annoyed
anxious
ashamed
awkward
brave
calm
cheerful
chill
confused
discouraged
disgusted
distracted
embarrassed
excited
friendly
guilty
happy
hopeful
jealous
lonely
loved
nervous
offended
scared
thoughtful
tired
uncomfortable
unsure
worried

NAME:

DATE:

Mood Match

Can you tell the color of the feelings below?
Color the word box of each picture based on
the mood thermometer.



happy



sad



hurt



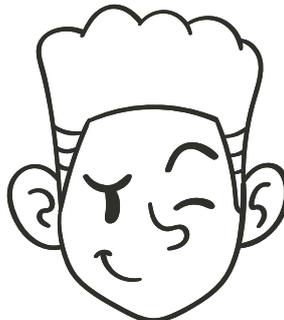
shy



loved



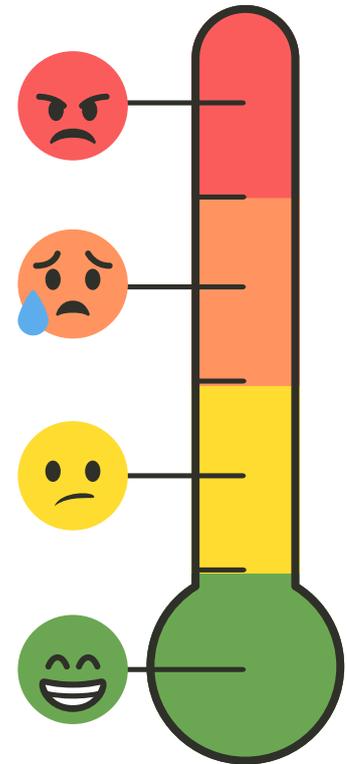
tired



silly



scared



NAME:

DATE:

FEELINGS CHECK-IN

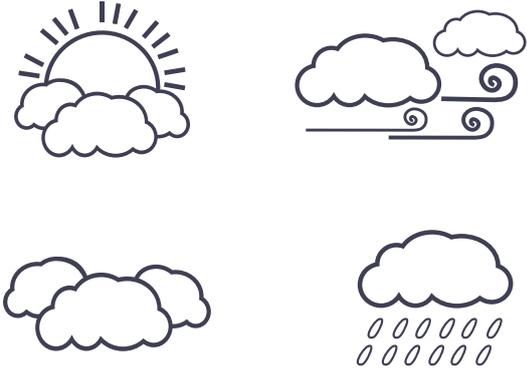
Today is...

Circle the day today:

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

The weather is...

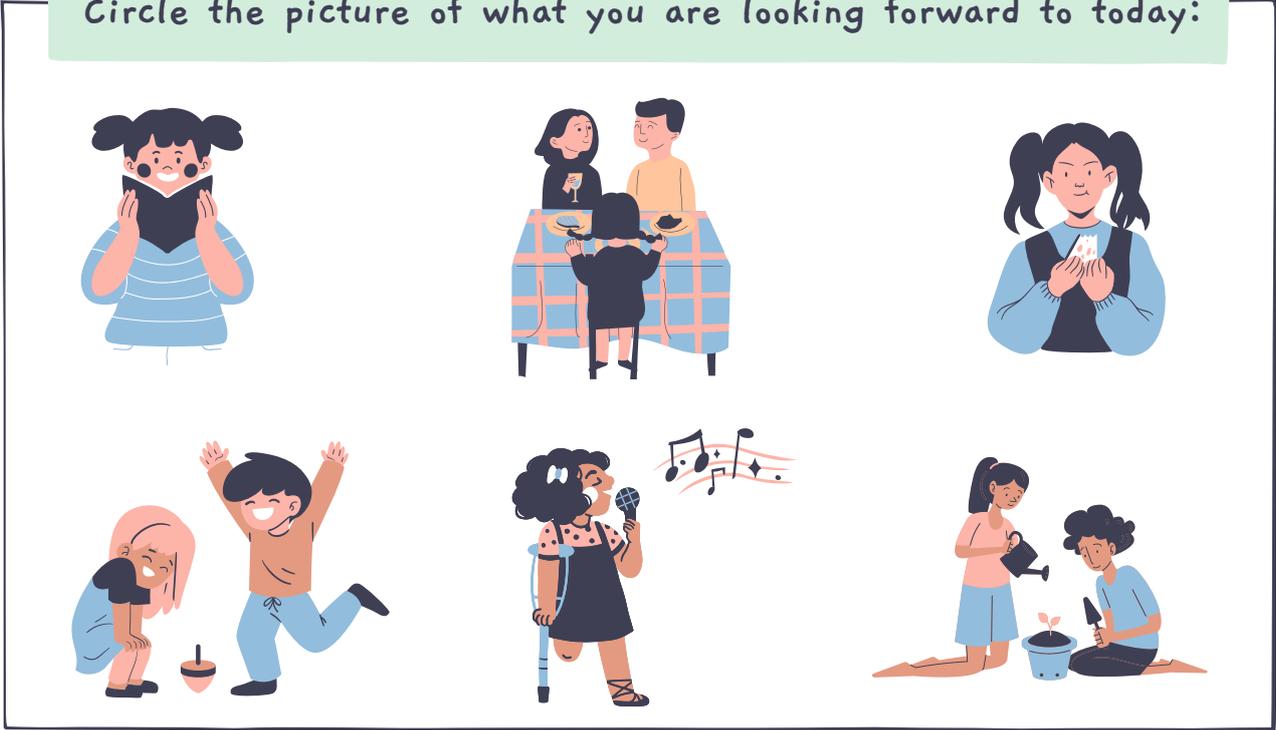
Color the picture of your answer:



I feel...

Write the mood match color of your feeling:

Circle the picture of what you are looking forward to today:



Name:

Date:



My Week of Emotions

Our emotions can be divided into four zones: blue, green, yellow, and red. We always try to stay or go back to the green zone and avoid the red zone.

Fill out the calendar below for an overview of the zones you go through in a week.

SUNDAY

Today I felt:

To stay in the green zone, I tried to:

MONDAY

Today I felt:

To stay in the green zone, I tried to:

TUESDAY

Today I felt:

To stay in the green zone, I tried to:

WEDNESDAY

Today I felt:

To stay in the green zone, I tried to:

THURSDAY

Today I felt:

To stay in the green zone, I tried to:

FRIDAY

Today I felt:

To stay in the green zone, I tried to:

SATURDAY

Today I felt:

To stay in the green zone, I tried to:



ZONES OF REGULATION

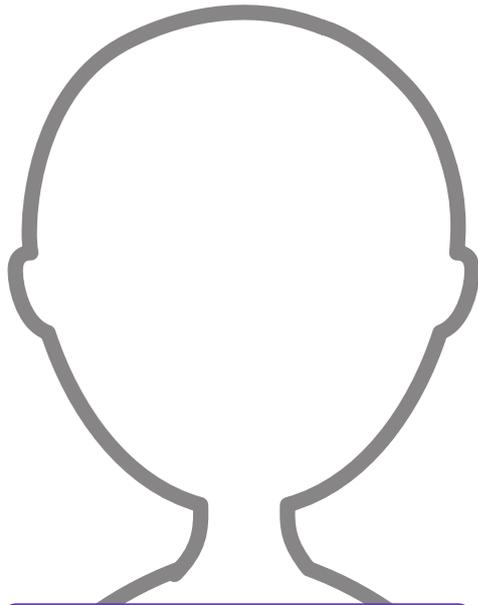
- Low energy and motivation to participate
- Attentive and feeling positive overall
- Uncomfortable and needs to focus
- Full of negative emotions and may react harshly

Name: _____

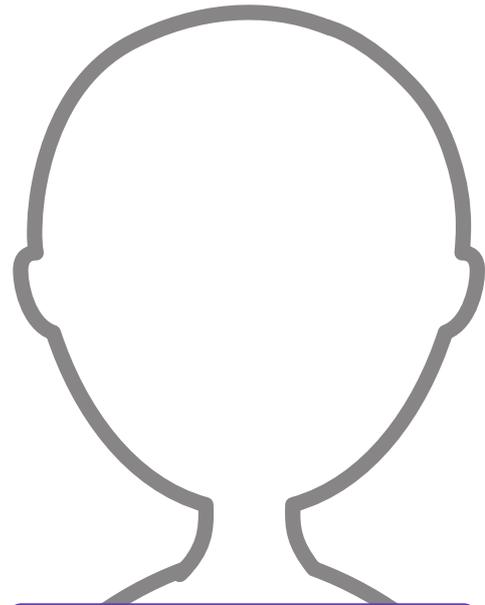
Date: _____

Facing My Feelings

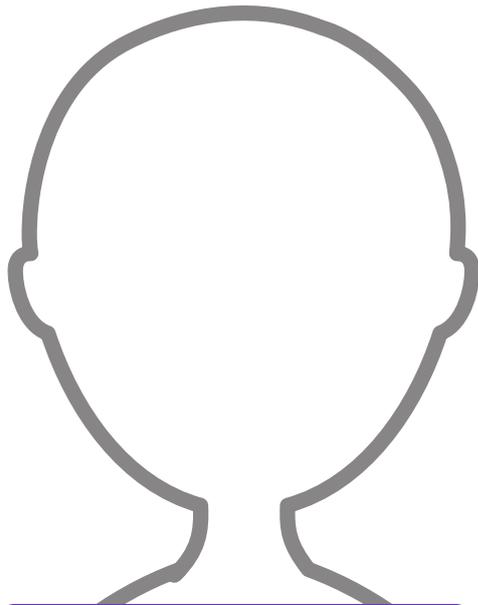
Complete the faces below by drawing what you look like based on how you feel.



Yesterday



Today



Tomorrow

Yesterday, I felt:

Today, I feel:

Tomorrow, I hope to feel:
