

How are you feeling today?

Point to the face that feels like you

Name: _____

Date: _____



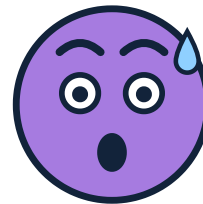
Happy



Sad



Angry



Scared



Tired



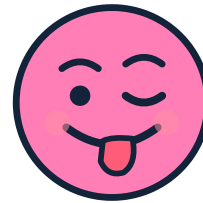
Calm



Excited



Worried



Silly



Sick



What would help?



A hug



Quiet time



A drink



Tell a grown-up



Play



Deep breaths