This is how I feel today: (circle as many as you are feeling)





**Happy Sad Nervous Angry Tired Scared**





 **Loved Sick Excited Safe Worried**

Draw or write about whatever is on your mind:



**Emotions word-search**





 **Happy Sad Nervous Angry Tired Scared**



 **Loved Excited Safe Worried Proud**

 What are some things that are on your mind today?

**On my mind today**















Use the wheel below to draw a moment and time when you may have felt the emotion. Remember that everyone experiences these emotions and there aren’t ‘good’ or ‘bad’ emotions.

**Emotions wheel**

**Happy**

**Safe**

**Angry**

**Scared**