

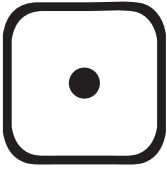


Name: _____ Date: _____

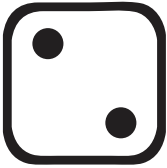
A Time I Felt ...

Roll a dice.

Then talk about the feeling next to the number you rolled.



One. Talk about a time when you felt sad.



Two. Talk about a time when you felt disgusted.



Three. Talk about a time when you felt angry.



Four. Talk about a time when you felt happy.



Five. Talk about a time when you felt worried.



Six. Talk about a time when you felt surprised.





Name: _____ Date: _____

How Often I Feel ...

Color in each circle.
Pick the color that tells how often you feel this way.

COLOR	HOW I FEEL
Blue	I often feel this way.
Yellow	I sometimes feel this way.
Red	I almost never feel this way.

Excited

Proud

Nervous

Bored

Jealous

Lonely

Shy

Angry

Safe

Happy

Embarrassed





Name: _____ Date: _____

How Do They Feel?

How do these friends feel?
Look at their faces and circle the right word.



Happy

Angry

Excited

Sad



Happy

Nervous

Sad

Excited



Surprised

Bored

Proud

Angry





Name: _____ Date: _____

My Gratitude Journal

Start a Gratitude Journal! In the morning, think of one thing you feel thankful for. In the evening, think back on your day. Did you feel thankful at any time during the day?



Morning

Something I am thankful for is _____

This is how I feel when I think of what I am thankful for.

Draw a picture!

Evening

I am thankful for this day. Here is one reason why:

