**How have you been feeling?**

Fill out the sheet to keep track of your feelings. You can also share with your teachers and parents.

1. Choose a feeling from the feelings page and stick in a sentence below.

2. Choose a reason from the reasons page and stick it in a sentence below.

3. Choose what you did from the what you did page and stick it in a sentence below.

| Today I felt \_\_\_\_\_\_\_\_\_ because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ so I did \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to help me. |
| --- |

| Today I felt \_\_\_\_\_\_\_\_\_ because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ so I did \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to help me. |
| --- |

| Today I felt \_\_\_\_\_\_\_\_\_ because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ so I did \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to help me. |
| --- |

| Today I felt \_\_\_\_\_\_\_\_\_ because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ so I did \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to help me. |
| --- |

| Today I felt \_\_\_\_\_\_\_\_\_ because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ so I did \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to help me. |
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