

How I Feel Today



Point to or circle how you feel. All feelings are okay!

 Happy	 Excited	 Proud	 Calm
 Loved	 Silly	 Tired	 Nervous
 Scared	 Sad	 Angry	 Frustrated

Today I feel

because

When I feel this way, I can:

- ☐ Take 3 slow, deep breaths
- ☐ Talk to a grown-up
- ☐ Hug someone or something soft
- ☐ Draw a picture of my feeling
- ☐ Have some quiet time