

How I Feel

my emotions book



Name: _____

Today I am feeling

Fill the page with words and pictures
that tell how you feel and why.

Name: _____




Today I am feeling



Fill the page with words and pictures
that tell how you feel and why.

Name: _____



Today I am feeling

Fill the page with words and pictures
that tell how you feel and why.

Name: _____

Words that tell how I feel...

nervous

embarrassed happy

MAD

EXCITED shocked

silly

ANGRY

sad

s u r p r i s e d

frustrated

disappointed

tired

Name: _____

Fill the page with words and pictures that tell how you feel and why.

I feel like...

I'm having
a great
day.

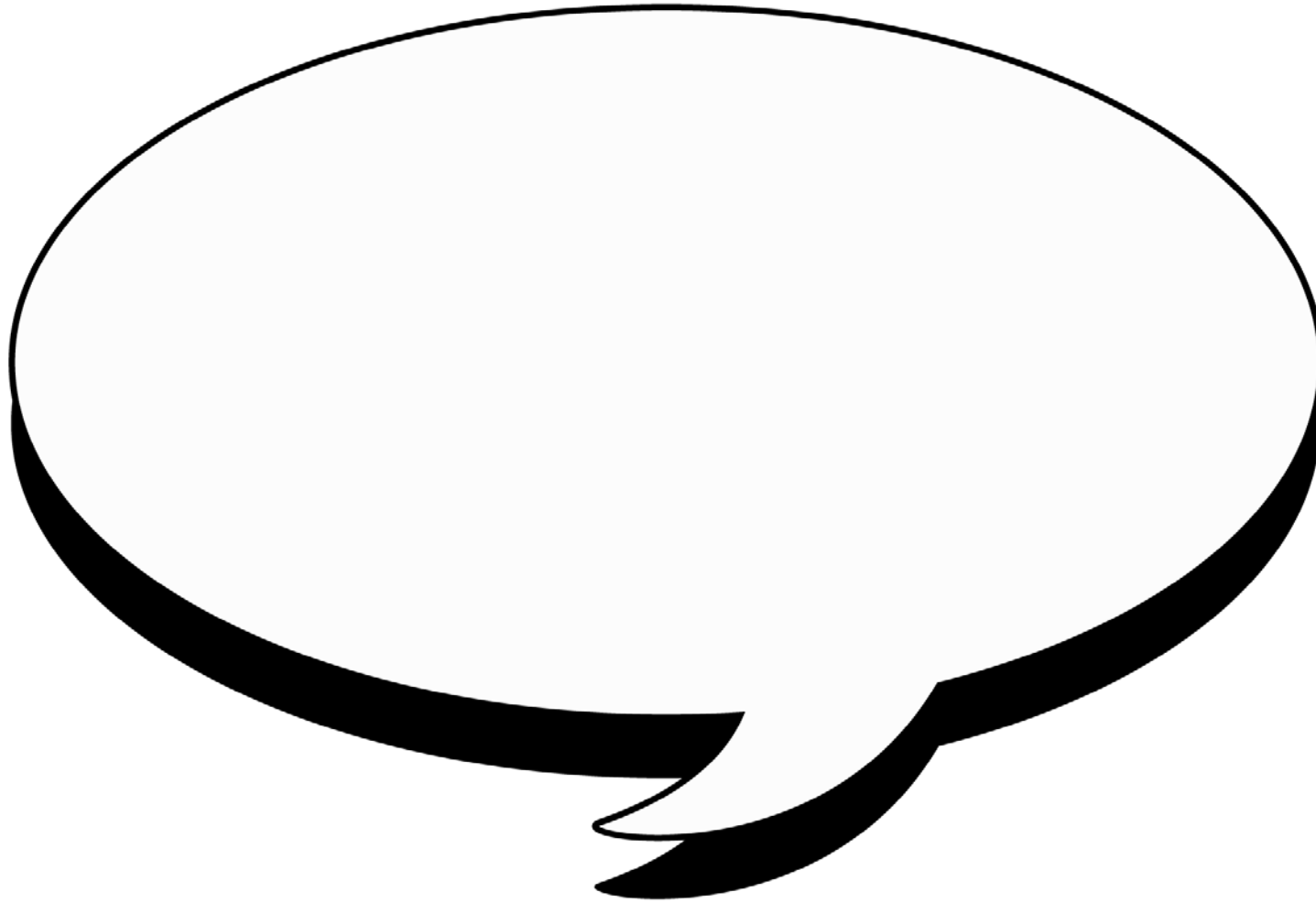
**I might get
in trouble.**

I need a break.

Fill the page with words and pictures
that tell how you feel and why.

Name: _____

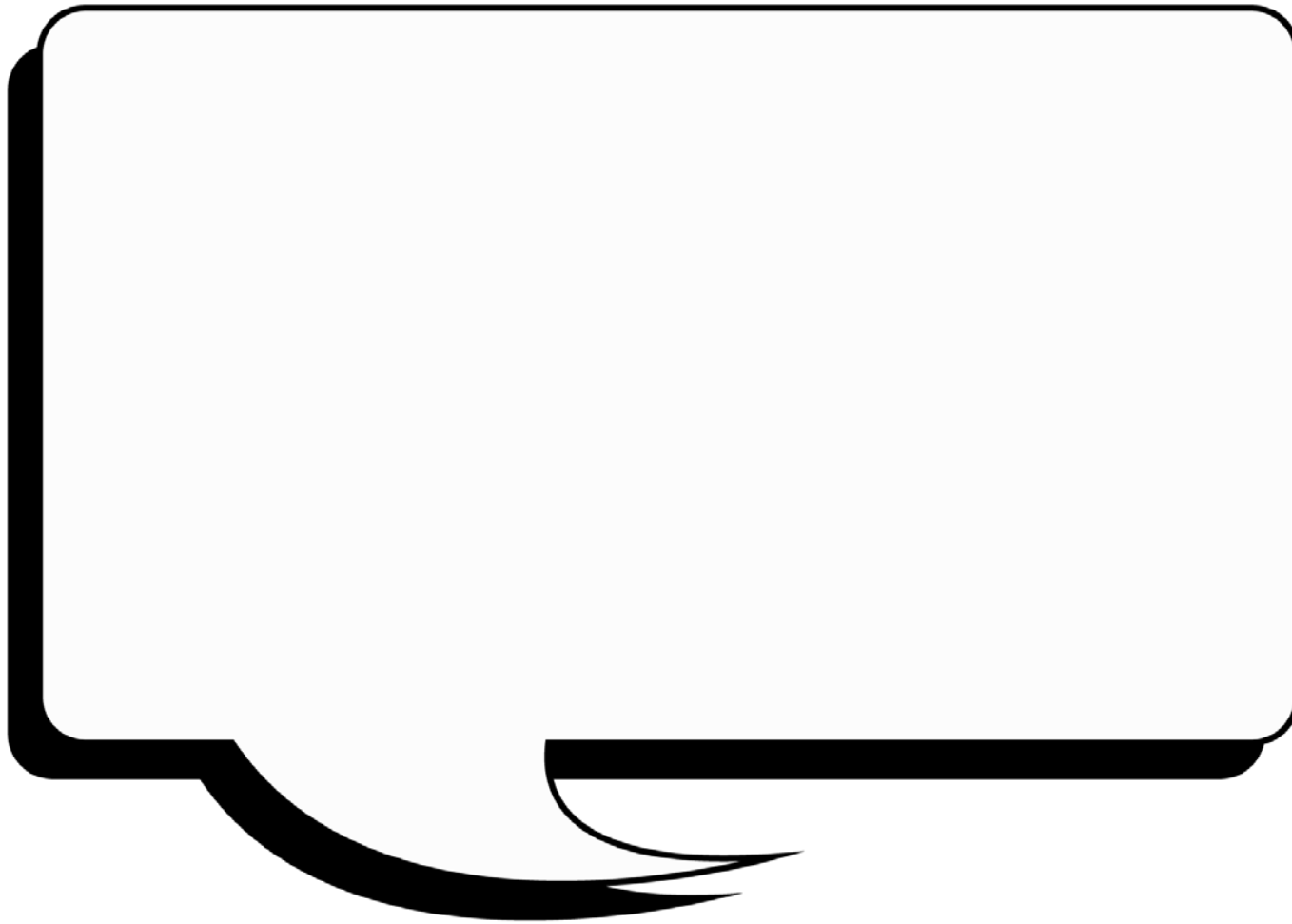
I want to say...



Fill the page with words and pictures
that tell how you feel and why.

Name: _____

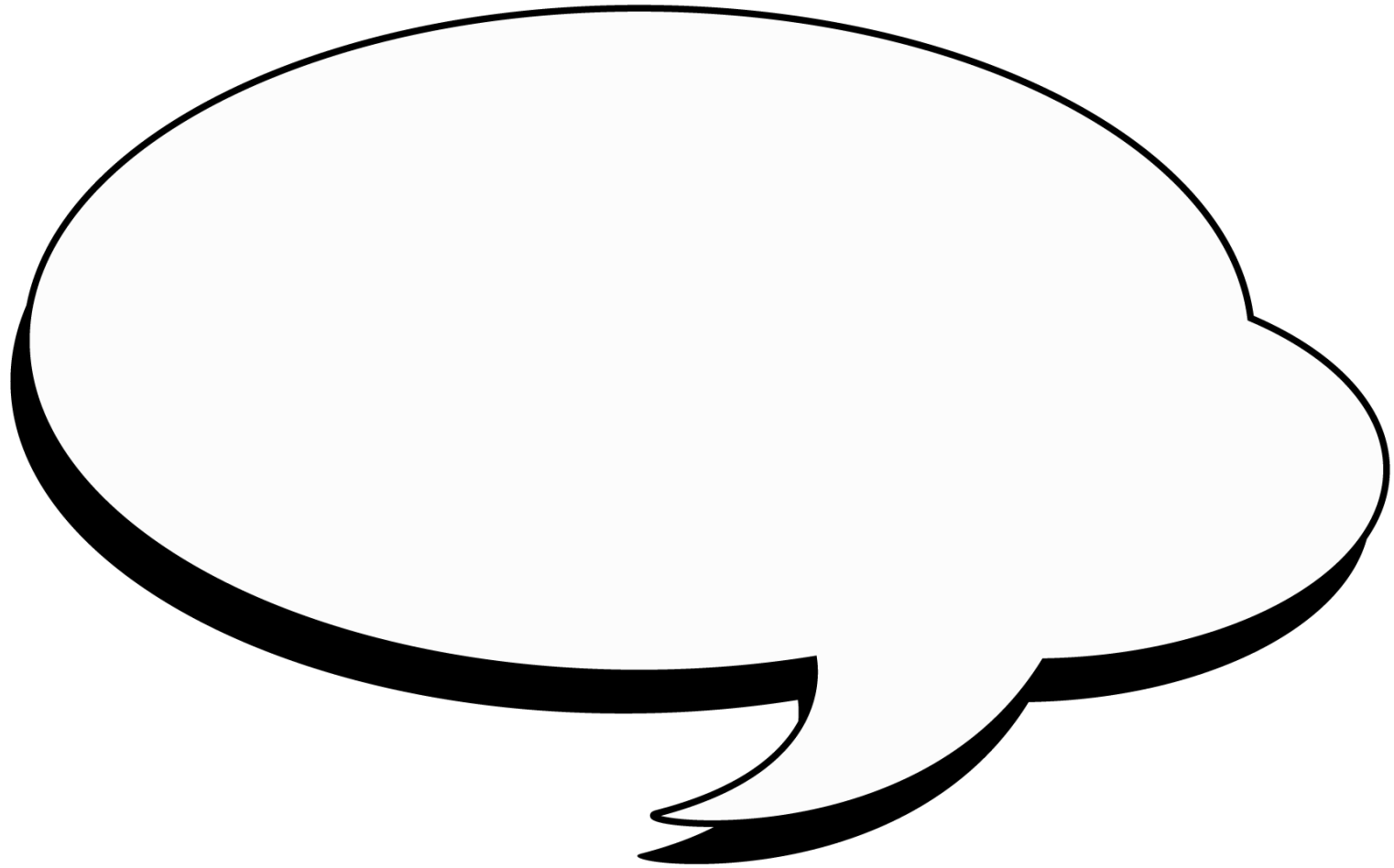
I want to say...



Fill the page with words and pictures
that tell how you feel and why.

Name: _____

I want to say...



Fill the page with words and pictures that tell how you feel and why.

Name: _____

This is what I remember happening...

Fill the page with words and pictures
that tell how you feel and why.

Name: _____

The story is...

Show and tell what happened.

| | | | | |
|--|--|--|--|--|
| | | | | |
|--|--|--|--|--|

Name: _____

I struggle with controlling my feelings while I am at:

SCHOOL math recess

HOME LUNCH reading

somewhere else WRITING

breakfast sad

specials in the library centers

Fill the page with words and pictures that tell how you feel and why.

Name: _____

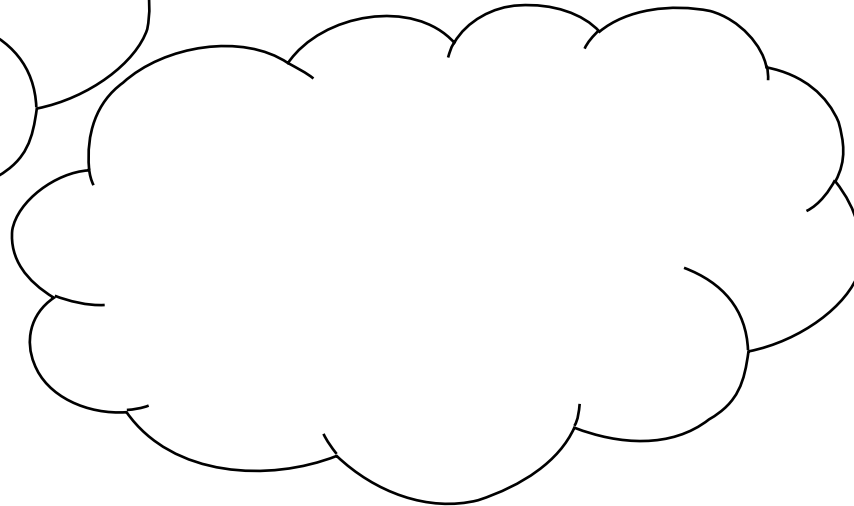
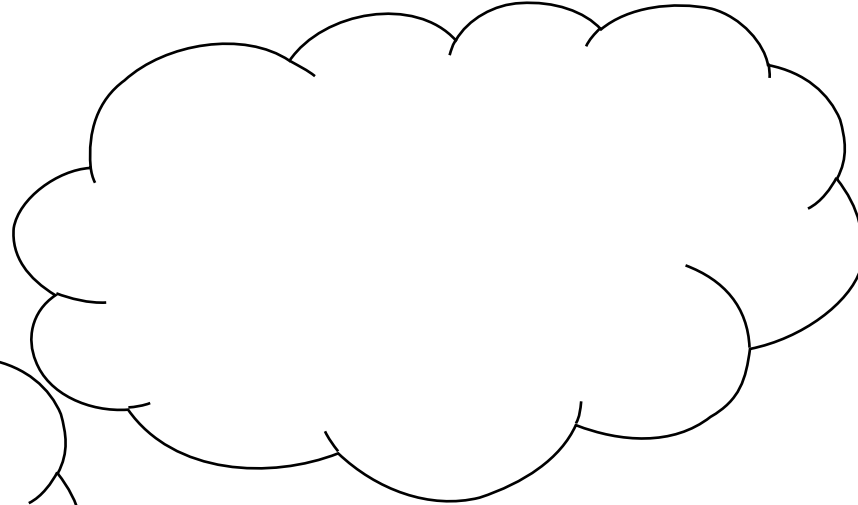
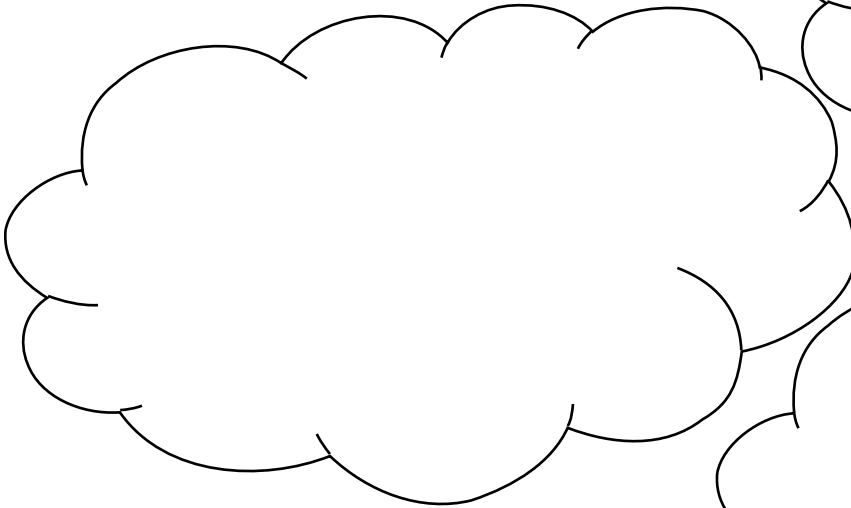


GRAFFITI
WALL

Fill the page with words and pictures
that tell how you feel and why.

Name: _____

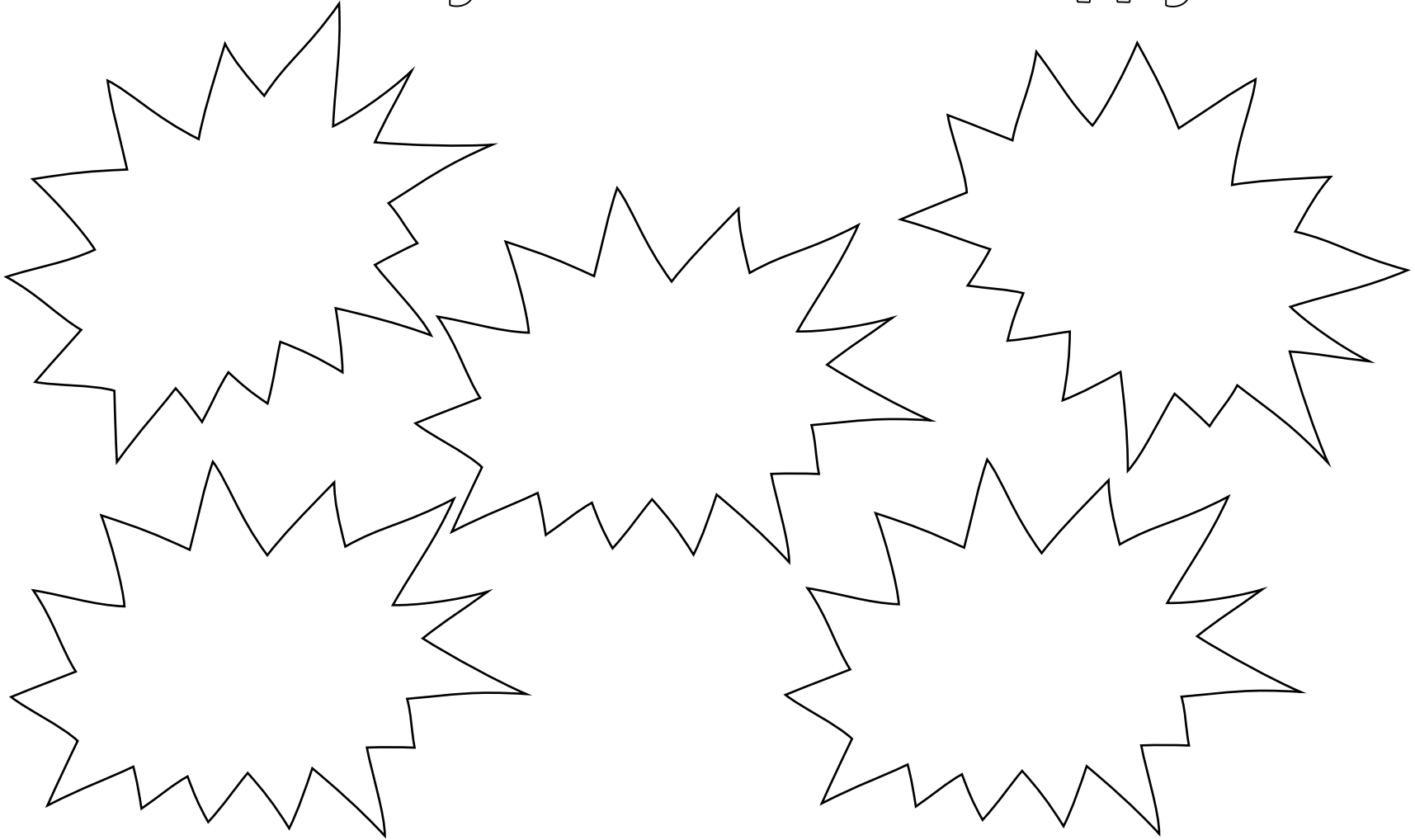
I'm going to turn around my day.
This is my plan...




Fill the page with words and pictures
that tell how you feel and why.

Name: _____

These are things that make me happy...




Name: _____



I feel happy when...

Fill the page with words and pictures to
tell about your feelings and what happens.


Name: _____



I feel sad when...

Fill the page with words and pictures to
tell about your feelings and what happens.

Name: _____



I feel mad when...

Fill the page with words and pictures to
tell about your feelings and what happens.


Name: _____



I feel excited when...

Fill the page with words and pictures to
tell about your feelings and what happens.


Name: _____



I feel surprised when...

Fill the page with words and pictures to
tell about your feelings and what happens.

Name: _____



I feel anxious when...

Fill the page with words and pictures to
tell about your feelings and what happens.

Name: _____



I feel frustrated when...


Fill the page with words and pictures to
tell about your feelings and what happens.

Name: _____

I feel disappointed when...

Fill the page with words and pictures to
tell about your feelings and what happens.


Name: _____



I feel silly when...

Fill the page with words and pictures to
tell about your feelings and what happens.

Name: _____



I feel joy when...

Fill the page with words and pictures to
tell about your feelings and what happens.

Name: _____

I feel embarrassed when...

Fill the page with words and pictures to
tell about your feelings and what happens.

Name: _____



I feel content when...

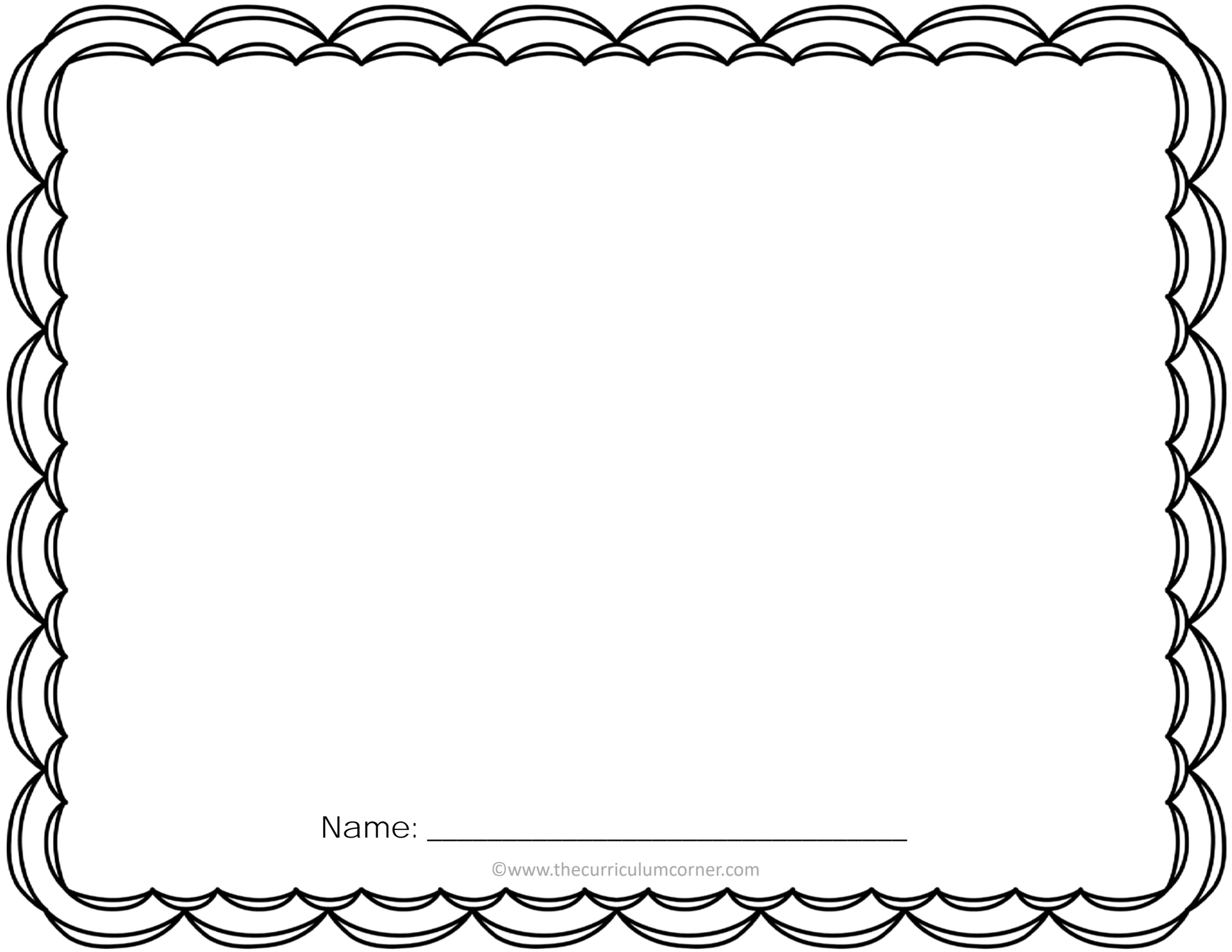
Fill the page with words and pictures to
tell about your feelings and what happens.

Name: _____

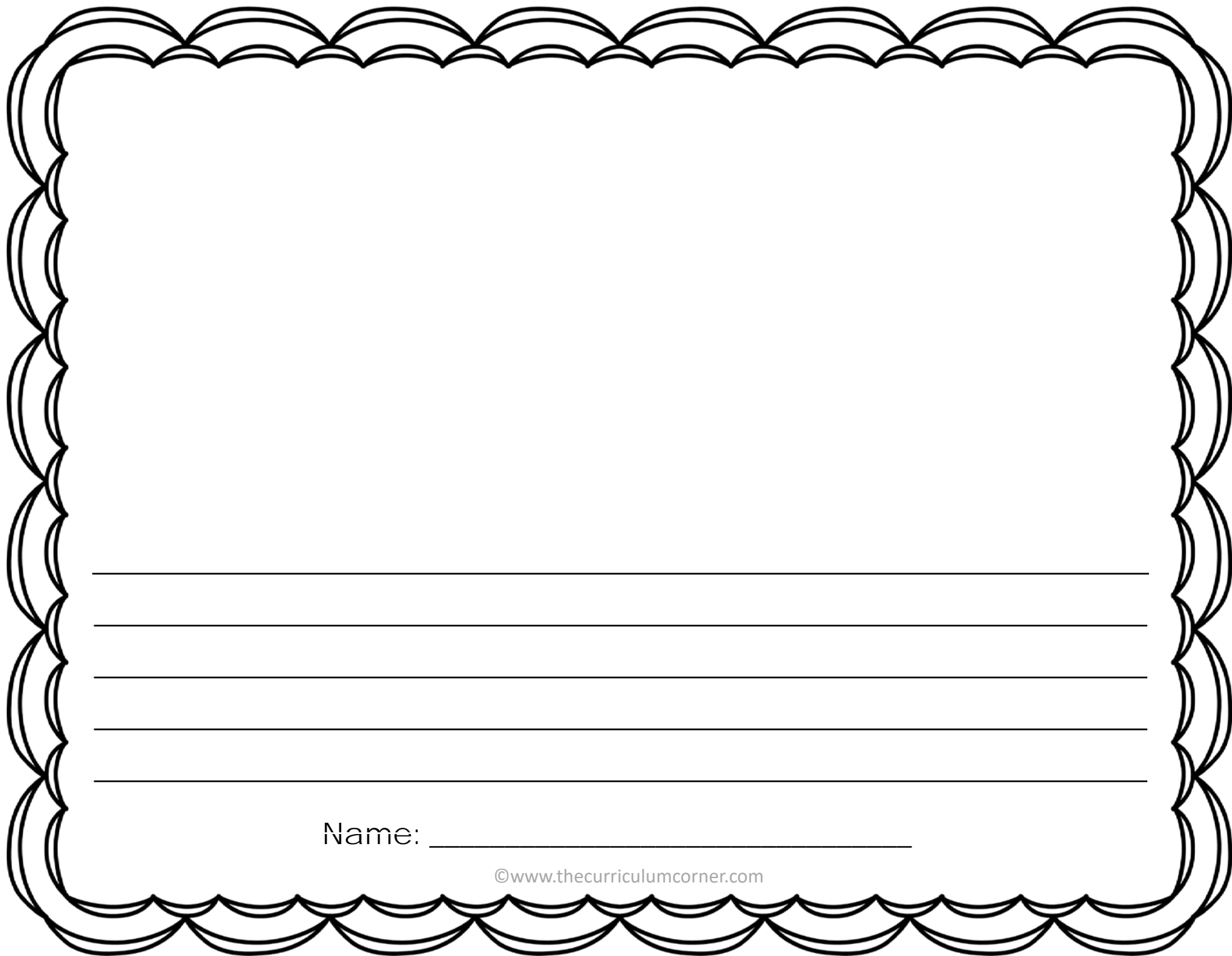
Strategies I use to help me...

Fill the page with words and pictures to
tell about your feelings and what happens.

Name: _____



Name: _____

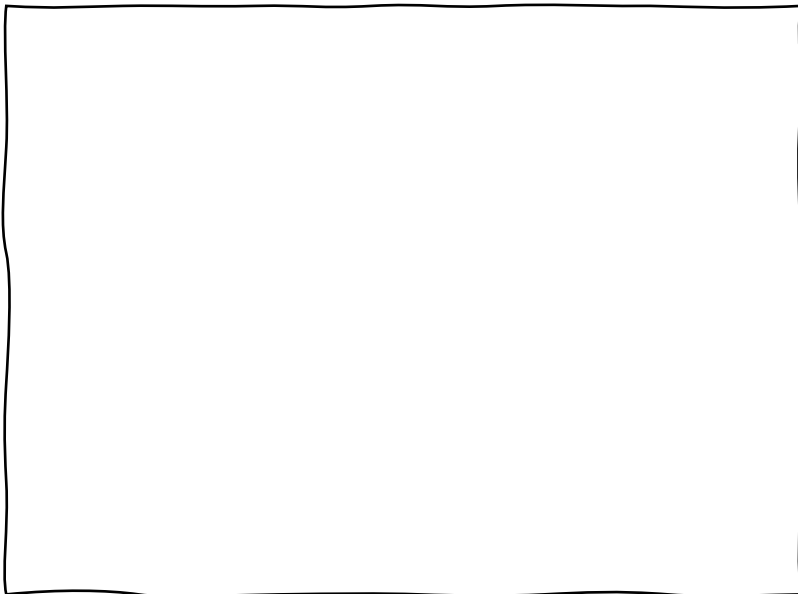


Name: _____

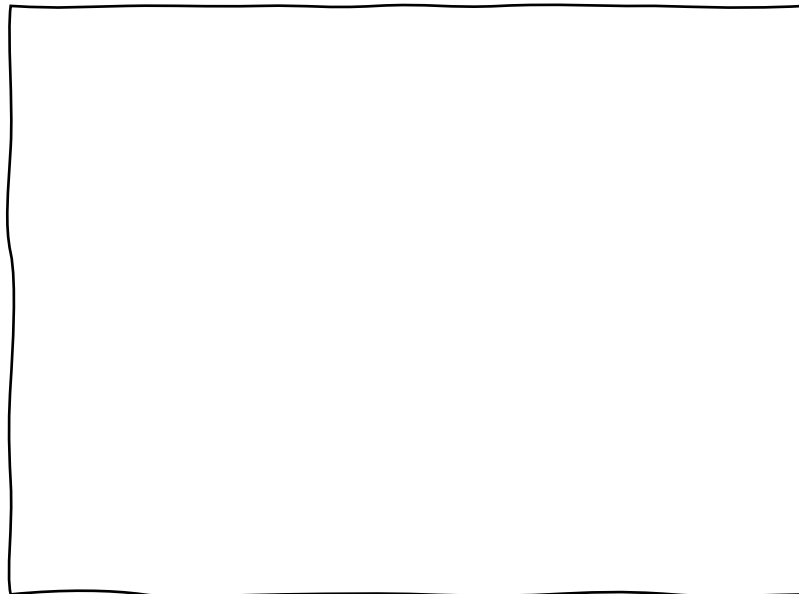


Name: _____

Date:



Date:



Name: _____