How are you feeling today?

Color in the circles on how you are feeling right now.

Name: ________________________________

Happy:
- sort of happy
- happy
- really happy

Worried:
- kind of worried
- worried
- really scared

Sleepy:
- sort of sleepy
- sleepy
- can’t keep my eyes open

Sad:
- a little sad
- sad
- can’t stop crying

Angry:
- frustrated
- angry
- about to lose my temper