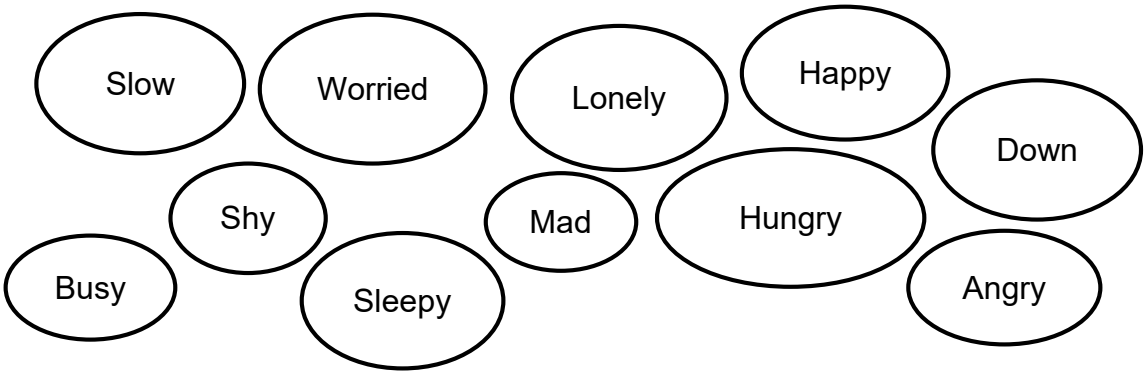
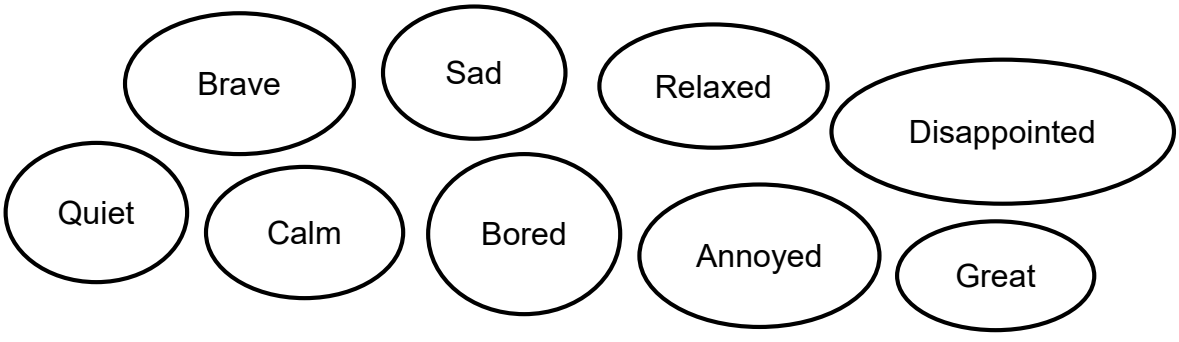
MY FEELINGS



How do you feel? Write (on the chart) and colour (the circles).

Colours/ Days	Feelings
Red days	
Blue days	
Brown days	
Yellow days	
Gray days	
Orange days	
Green days	
Purple days	
Pink days	
Black days	



Source: https://www.tes.com/teaching-resource/my-feelings-worksheet-emotional-literacy