



My Feelings Today



Feel
Learn
Grow
Be You!



It's okay to feel all your feelings! ♥

1. How are you feeling today? (Circle one or more)



Happy



Sad



Angry



Calm



Excited



Worried



Silly



Tired



Confused



Proud

2. What made you feel this way?

Blank box for drawing with a pink heart icon in the top left and a pink crayon in the bottom right.

3. Draw how you feel today.

Blank box for drawing with a blue heart icon in the top left and a blue crayon in the bottom right.

4. Today I need...
(Choose one or more)



A Hug

☐

Talk to
Someone

☐

Create
Something

☐

Quiet
Time

☐

Play
Outside

☐

A Cuddle

☐

5. A positive thought for today.

Blank cloud shape with a pink heart icon in the top right and three horizontal lines for writing.

I can do hard things!
I am proud of myself!
I am enough!



Different Feelings
Brighter Tomorrows!





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Happy



Sad



Angry



Calm



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Confused



Proud

2. What made you feel this way?

Blank box for drawing with a pink heart icon and a red crayon.

3. Draw how you feel today.

Blank box for drawing with a blue heart icon and a blue crayon.

4. Today I need...
(Choose one or more)

A Hug	Talk to Someone	Create Something	Quiet Time	Play Outside	A Cuddle
☐	☐	☐	☐	☐	☐

5. A positive thought for today.

Blank box for writing with a pink heart icon.

I can do hard things!
I am proud of myself!
I am enough!



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Brighter Tomorrows!

