



My Feelings Today

All feelings are okay.

How I Feel Right Now

● Circle or colour your feeling:

😊 Happy

😌 Calm

😔 Sad

😡 Angry

😢 Worried

😴 Tired

😄 Excited

❤️ Loved

(You can use illustrated faces or emojis, or just simple words in soft pastel bubbles.)





What Happened Today?

Something that happened today...

● A space to draw or write.

🖍 Children can draw a picture or write a few words –
e.g. “I played with my friend,” or “I stayed home with Mum.”





What Helped Me Feel Better

Something that helped me today was...

✿ Children can write, draw, or choose from small icons (like music note, book, heart, sun, etc.).





Colour of My Day

If my day was a colour, it would be...

♥ A small rectangle to colour in their “mood colour.”



“I am learning about my feelings
every day.”

