



# My Feelings & Emotions Tracker

## Undated with Response Sheets





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Carrie Fernandez

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










# Emotion Tracker

My Name \_\_\_\_\_ Month \_\_\_\_\_

Color the face(s) that represent how you felt during the day. Color as many faces each day as you need to.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Happy  Silly  Upset	 Happy  Silly  Upset	 Happy  Silly  Upset	 Happy  Silly  Upset	 Happy  Silly  Upset	 Happy  Silly  Upset	 Happy  Silly  Upset
 Afraid  Angry  Sad	 Afraid  Angry  Sad	 Afraid  Angry  Sad	 Afraid  Angry  Sad	 Afraid  Angry  Sad	 Afraid  Angry  Sad	 Afraid  Angry  Sad

I felt happy \_\_\_\_\_ times this week.











































I felt silly \_\_\_\_\_ times this week.

I felt upset \_\_\_\_\_ times this week.

I felt afraid \_\_\_\_\_ times this week.

I felt angry \_\_\_\_\_ times this week.

I felt sad \_\_\_\_\_ times this week.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Happy  Silly  Upset	 Happy  Silly  Upset	 Happy  Silly  Upset	 Happy  Silly  Upset	 Happy  Silly  Upset	 Happy  Silly  Upset	 Happy  Silly  Upset
 Afraid  Angry  Sad	 Afraid  Angry  Sad	 Afraid  Angry  Sad	 Afraid  Angry  Sad	 Afraid  Angry  Sad	 Afraid  Angry  Sad	 Afraid  Angry  Sad

I felt happy \_\_\_\_\_ times this week.

I felt silly \_\_\_\_\_ times this week.

I felt upset \_\_\_\_\_ times this week.

I felt afraid \_\_\_\_\_ times this week.

I felt angry \_\_\_\_\_ times this week.











































I felt sad \_\_\_\_\_ times this week.



# Emotion Tracker

My Name \_\_\_\_\_ Month \_\_\_\_\_

Color the face(s) that represent how you felt during the day. Color as many faces each day as you need to.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Happy  Silly  Upset	 Happy  Silly  Upset	 Happy  Silly  Upset	 Happy  Silly  Upset	 Happy  Silly  Upset	 Happy  Silly  Upset	 Happy  Silly  Upset
 Afraid  Angry  Sad	 Afraid  Angry  Sad	 Afraid  Angry  Sad	 Afraid  Angry  Sad	 Afraid  Angry  Sad	 Afraid  Angry  Sad	 Afraid  Angry  Sad

I felt happy \_\_\_\_\_ times this week.











































I felt silly \_\_\_\_\_ times this week.

I felt upset \_\_\_\_\_ times this week.

I felt afraid \_\_\_\_\_ times this week.

I felt angry \_\_\_\_\_ times this week.

I felt sad \_\_\_\_\_ times this week.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 Afraid  Angry  Sad	 Afraid  Angry  Sad	 Afraid  Angry  Sad	 Afraid  Angry  Sad	 Afraid  Angry  Sad	 Afraid  Angry  Sad	 Afraid  Angry  Sad

I felt happy \_\_\_\_\_ times this week.

I felt silly \_\_\_\_\_ times this week.

I felt upset \_\_\_\_\_ times this week.

I felt afraid \_\_\_\_\_ times this week.

I felt angry \_\_\_\_\_ times this week.

I felt sad \_\_\_\_\_ times this week.

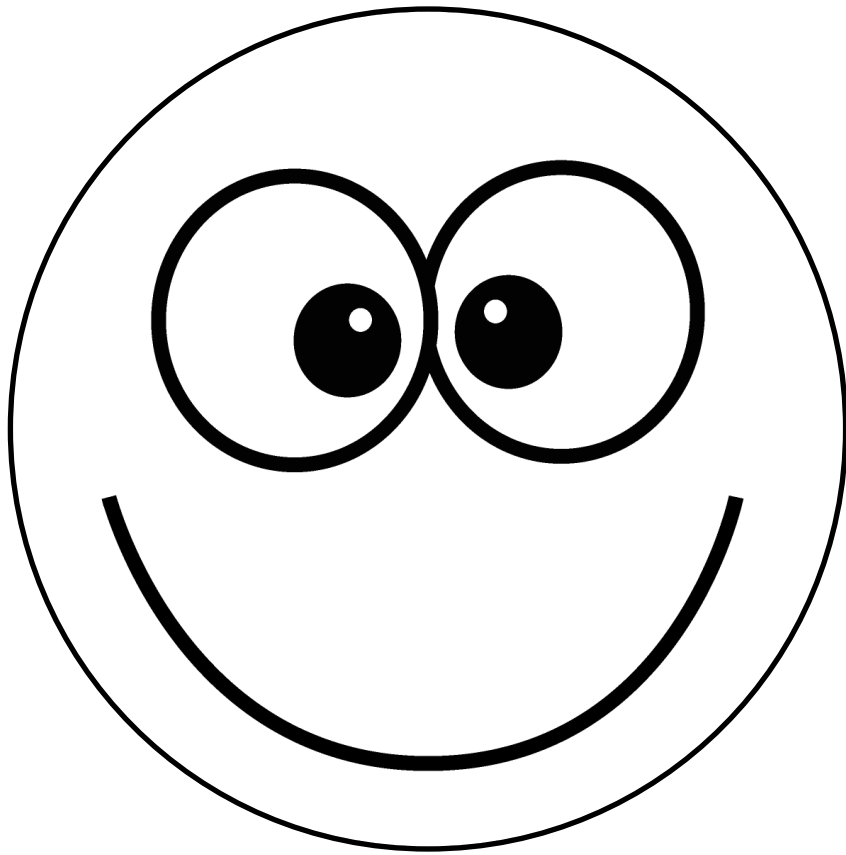


# Explore Emotions

The following pages can be completed orally with someone writing in the responses or by having the students write the responses themselves. Coloring the faces is encouraged as coloring often has a relaxing effect. The sentence at the top with the particular emotion may also be colored in.



# TODAY I FELT HAPPY.



What made me feel happy?

---

---

How did others around me act?

---

---

What I am thankful for today:

---

---

How can I have a day like this again?

---

---



# TODAY I FELT ANGRY.



**What made me feel angry?**

---

---

**What was my response?**

---

---

**What can I do differently next time?**

---

---

**How did others act around me?**

---

---

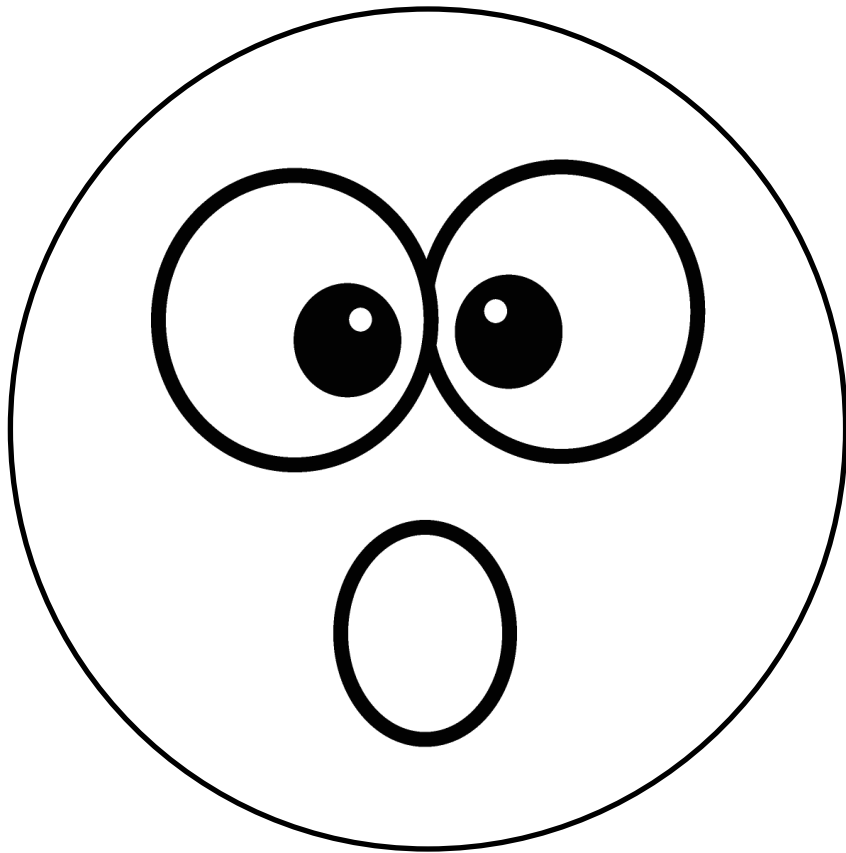
**Did someone make me feel better?**

---

---



# TODAY I FELT AFRAID.



**What made me feel afraid?**

---

---

**What was my response?**

---

---

**What can I do differently next time?**

---

---

**How did others act around me?**

---

---

**Did someone make me feel better?**

---

---



# TODAY I FELT SAD.



**What made me feel sad?**

---

---

**What was my response?**

---

---

**What can I do differently next time?**

---

---

**How did others act around me?**

---

---

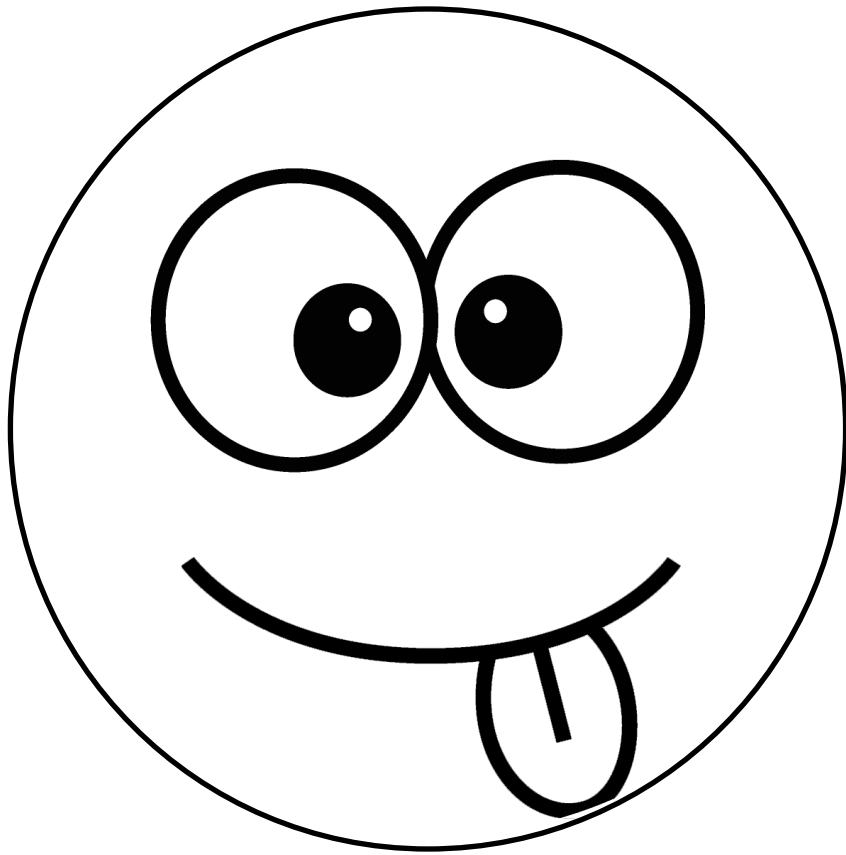
**Did someone make me feel better?**

---

---



# TODAY I FELT SILLY.



What made me feel silly?

---

---

How did others around me act?

---

---

What made me giggle today:

---

---

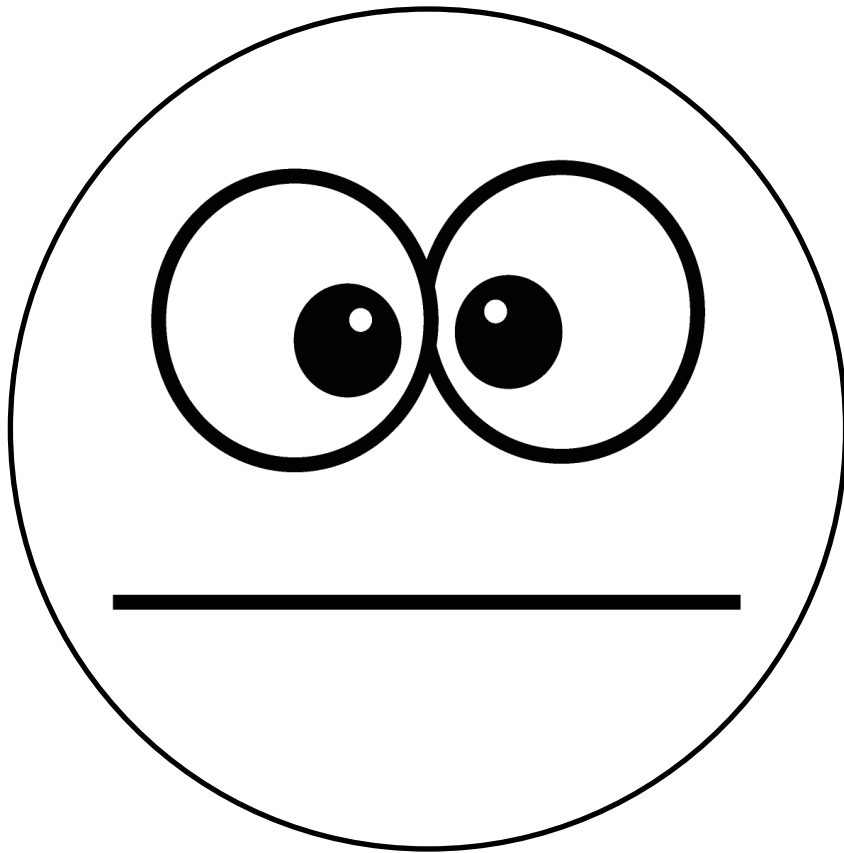
How can I have a day like this again?

---

---



# TODAY I FELT UPSET.



**What made me feel upset?**

---

---

**What was my response?**

---

---

**What can I do differently next time?**

---

---

**How did others act around me?**

---

---

**Did someone make me feel better?**

---

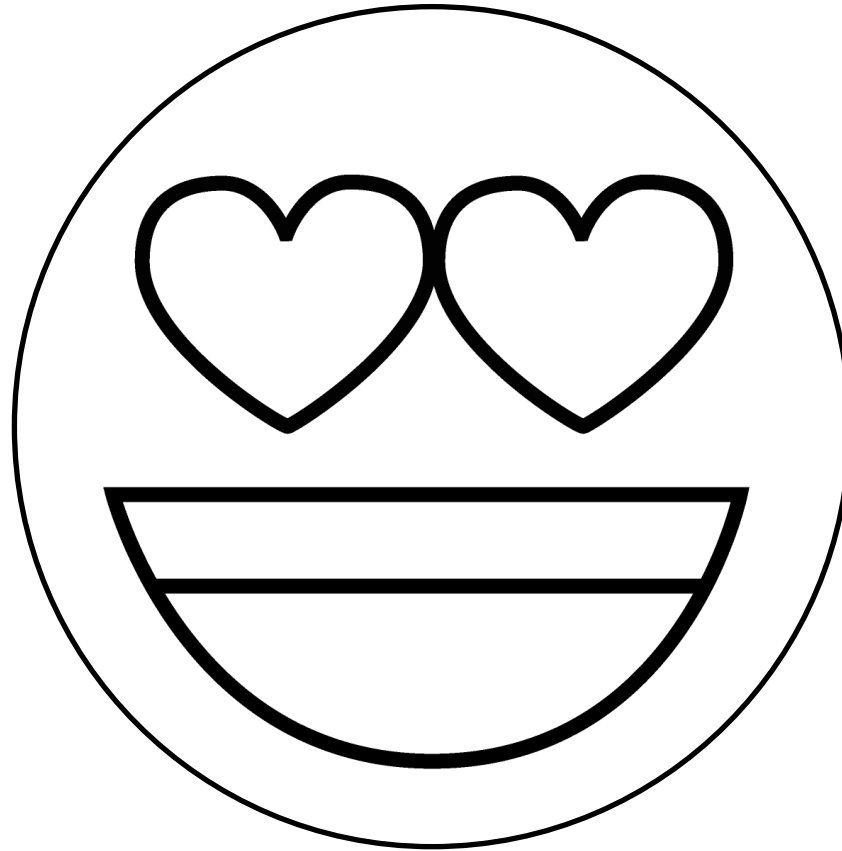
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Fun with Emotions

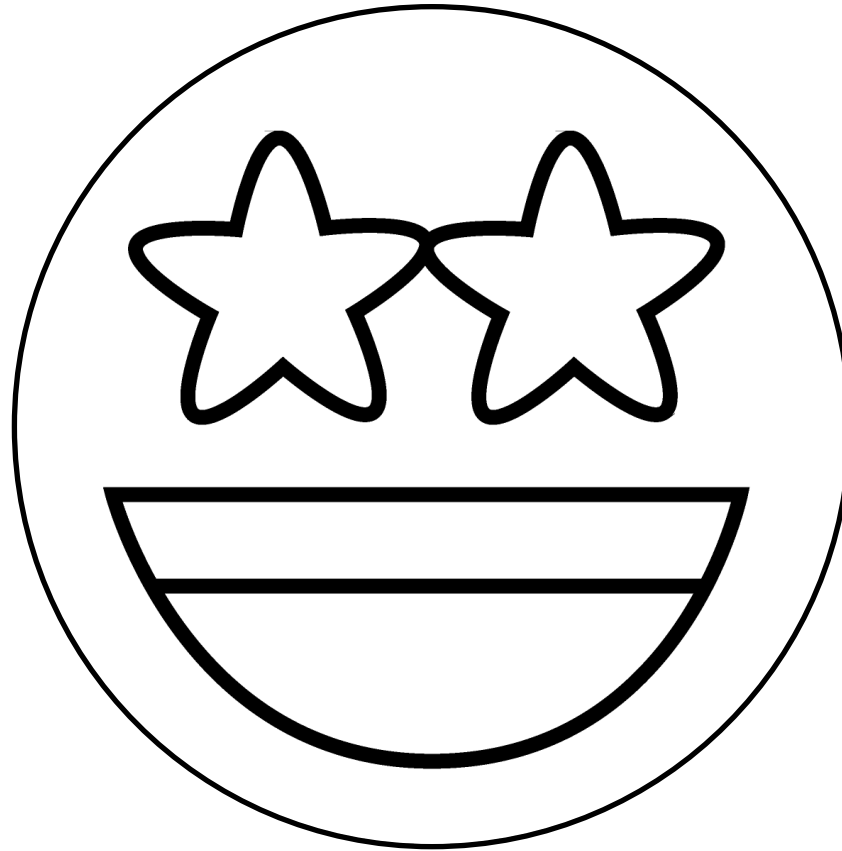


# HOW I AM FEELING?



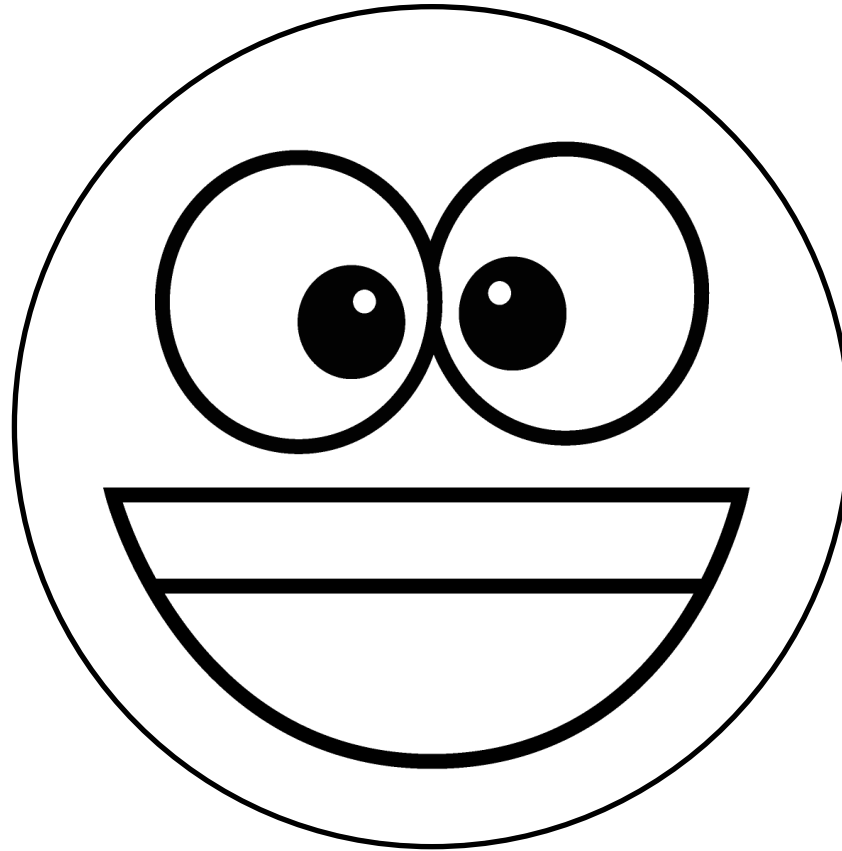


# HOW I AM FEELING?



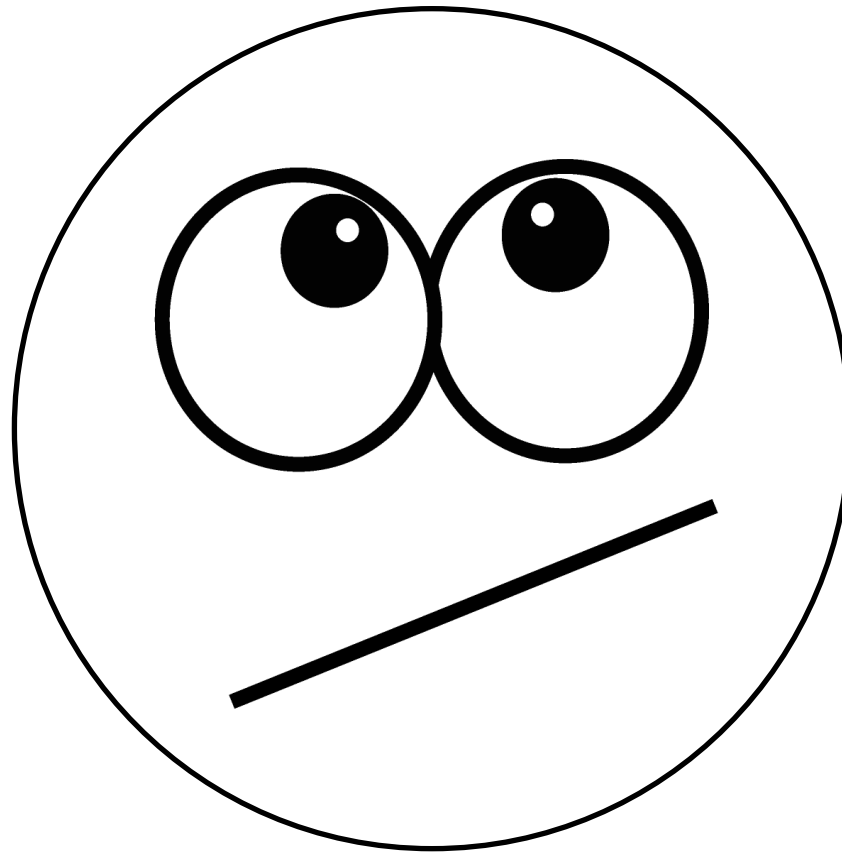


# HOW I AM FEELING?



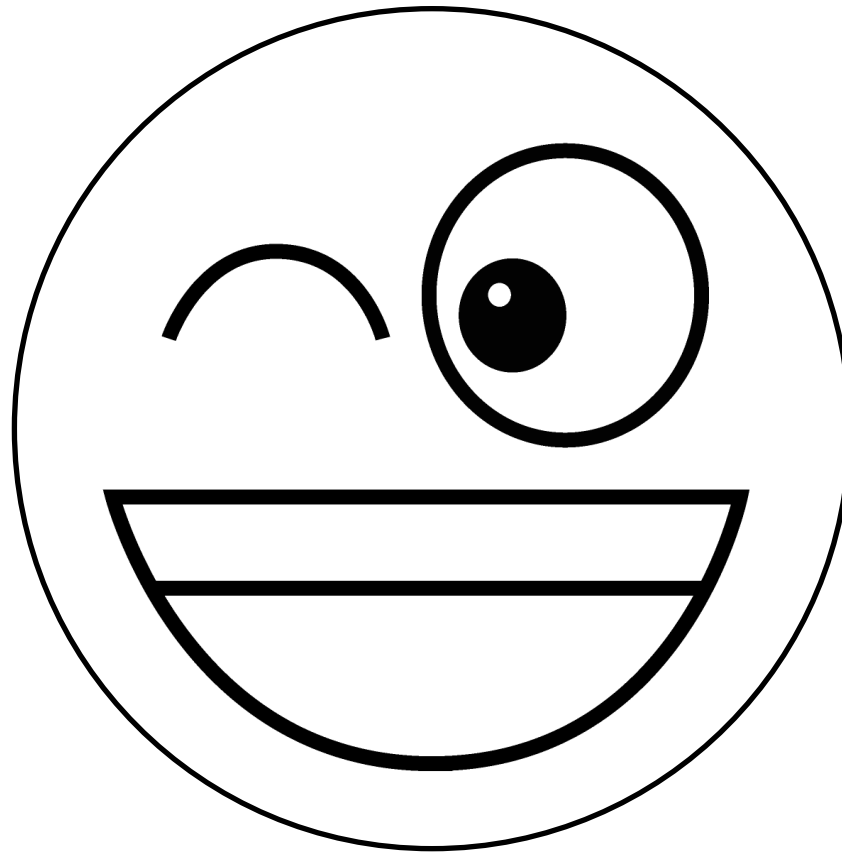


# HOW I AM FEELING?



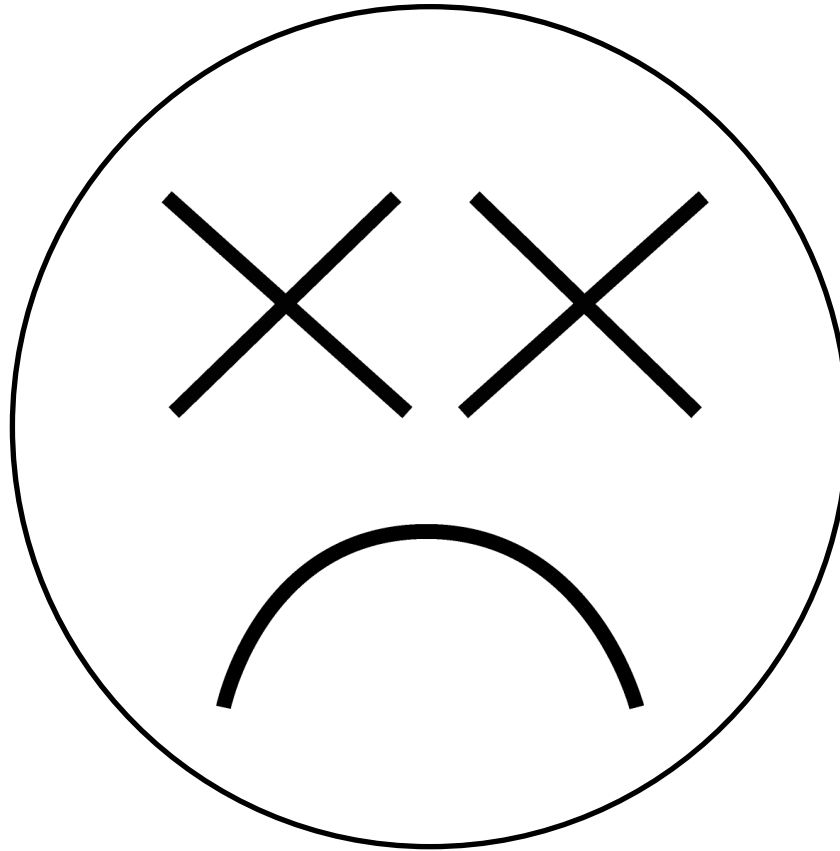


# HOW I AM FEELING?





# HOW I AM FEELING?





I AM FEELING...

