



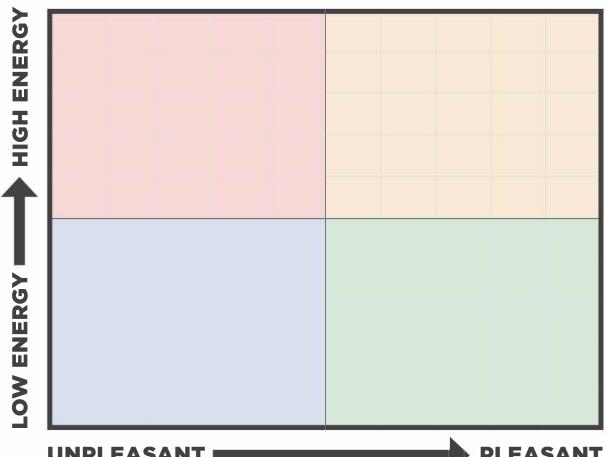




**DIRECTIONS:** Writing about your feelings is a great way to check in with yourself and to help manage your emotions. This is a great thing to do each day!

There are two parts for todays activity. First, review the mood meter below and follow the **PART ONE DIRECTIONS**. For **PART TWO** write a paragraph on the following page, or on a second sheet of paper, about how you are feeling today by answering the questions we have provided.

**PART ONE DIRECTIONS:** The Mood Meter is a helpful way to think about different types of feelings and emotions. Add feelings words that you know to the correct part of the Mood Meter. Use a picture or emoji to show what the feelings word means.



UNPLEASANT

**PLEASANT** 

## **HOW ARE YOU FEELING TODAY?**

DAILY WRITING ACTIVITY: Writing about your feelings is a great way to check in with yourself and to help manage your emotions. This is something you can do everyday! You're going to write a paragraph about how you are feeling. And to help you in this activity, we have some questions for you to answer. Please remember to use complete sentences.

■ How are you feeling today? Where does that fall on the Mood Meter?

• What is causing you to feel that way?

■ What is your emotion goal for the day? (Do you want to shift your feelings to a different part of the Mood Meter, or do you want to stay in the same part?)

• What strategy can you use today to achieve that goal?