

MY NAME

MY MOOD TODAY (CIRCLE)



HOW ARE YOU FEELING TODAY?

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 today's 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.



