

# How Am I Feeling?



happy



sad



angry



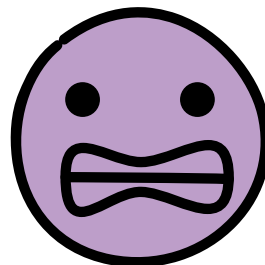
confused



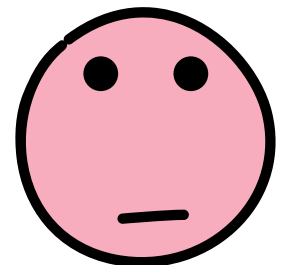
jealous



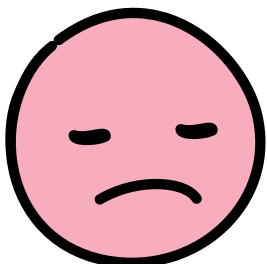
surprised



scared



embarrassed



disappointed



frustrated



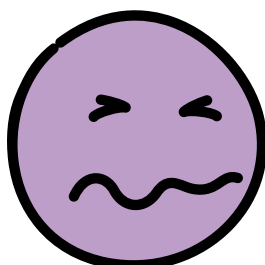
excited



tired



worried



shy



bored



silly

# Today I Feel ...

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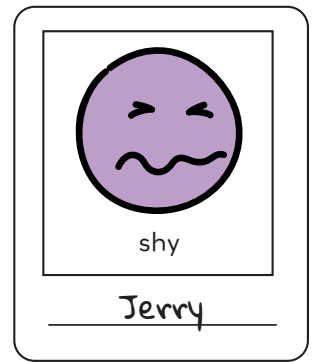
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# "Today I Feel ..." Cards

Write the name of each student on the lines provided on the "Today I Feel ..." chart. Cut out the feelings cards below and allow each student to choose an emotion card and tape the cards on the "Today I Feel ..." chart.



<p>happy</p>	<p>sad</p>	<p>angry</p>	<p>confused</p>
<p>jealous</p>	<p>surprised</p>	<p>scared</p>	<p>embarrassed</p>
<p>disappointed</p>	<p>frustrated</p>	<p>excited</p>	<p>tired</p>
<p>worried</p>	<p>shy</p>	<p>bored</p>	<p>silly</p>

# Today I Am Feeling ..


_____ Today I am feeling _____.	_____ Today I am feeling _____.
_____ Today I am feeling _____.	_____ Today I am feeling _____.
_____ Today I am feeling _____.	_____ Today I am feeling _____.
_____ Today I am feeling _____.	_____ Today I am feeling _____.
_____ Today I am feeling _____.	_____ Today I am feeling _____.






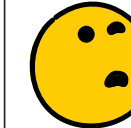

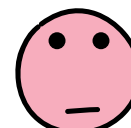
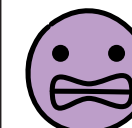
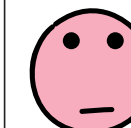


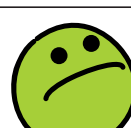





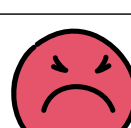
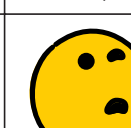


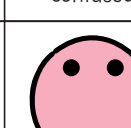
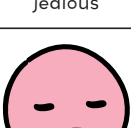

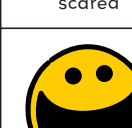

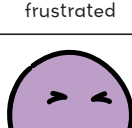
# "Today I Feel ..." Cards

Write the name of each student on the "Today I Feel ..." strips then laminate and cut them out. Cut out the feelings cards below and allow each student to place their emotion card on the "Today I Feel ..." strips.

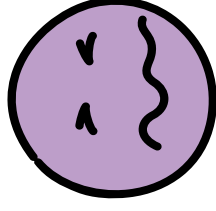
Jerry

Today I am feeling  sad.



 happy	 sad	 angry	 confused	 happy	 sad	 angry	 confused
 jealous	 surprised	 scared	 embarrassed	 jealous	 surprised	 scared	 embarrassed
 disappointed	 frustrated	 excited	 tired	 disappointed	 frustrated	 excited	 tired
 worried	 shy	 bored	 silly	 worried	 shy	 bored	 silly
 happy	 sad	 angry	 confused	 happy	 sad	 angry	 confused
 jealous	 surprised	 scared	 embarrassed	 jealous	 surprised	 scared	 embarrassed
 disappointed	 frustrated	 excited	 tired	 disappointed	 frustrated	 excited	 tired
 worried	 shy	 bored	 silly	 worried	 shy	 bored	 silly

# How Do I Feel?



angry  
furious  
enraged  
irritated  
livid  
infuriated  
aggravated  
heated  
annoyed  
jealous

brave  
confident  
determined  
prepared  
resilient  
empowered  
resourceful  
courageous  
decisive  
assertive

happy  
pleased  
satisfied  
grateful  
hopeful  
positive  
proud  
silly  
excited  
surprised

calm  
focused  
rested  
peaceful  
relaxed  
refreshed  
centered  
balanced  
grounded  
mindful

shy  
worried  
anxious  
scared  
confused  
frustrated  
nervous  
unsure  
insecure  
bored

sad  
mournful  
depressed  
lonely  
hurt  
upset  
disappointed  
excluded  
heartbroken  
devasted

loving  
proud  
compassionate  
appreciated  
loved  
fulfilled  
valued  
inspired  
supported  
respected