

Name:

Date:

# My Feelings Matter

Choose two words from the list to describe how you feel today. Can't find your emotions there? Feel free to use other words.

**I think these feelings are:**

- both positive                       positive and negative  
 negative and positive             both negative

I feel this way because \_\_\_\_\_

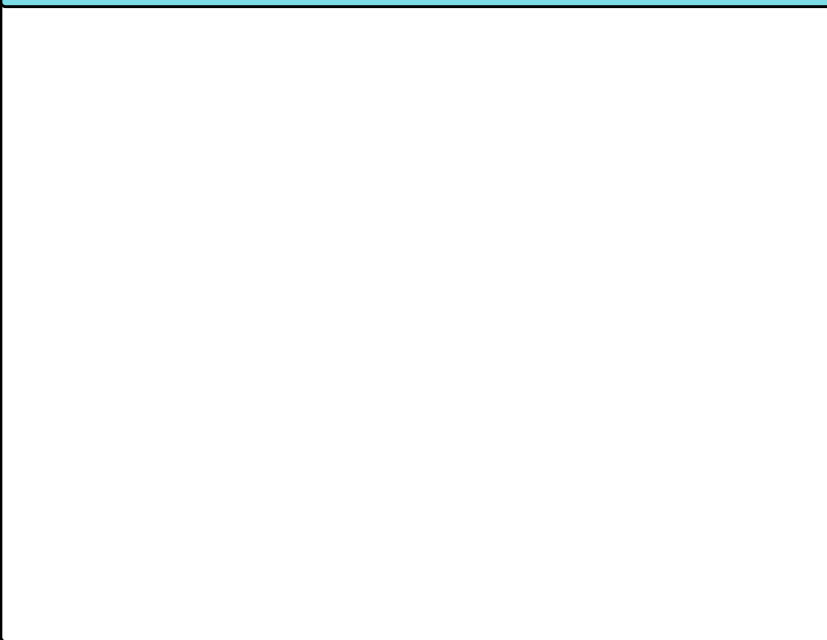
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**Can you draw a picture of what you would like to do with the feelings you have?**



**Today I feel:**

angry  
annoyed  
anxious  
ashamed  
awkward  
brave  
calm  
cheerful  
chill  
confused  
discouraged  
disgusted  
distracted  
embarrassed  
excited  
friendly  
guilty  
happy  
hopeful  
jealous  
lonely  
loved  
nervous  
offended  
scared  
thoughtful  
tired  
uncomfortable  
unsure  
worried

