

How I Felt This Week

Name: _____

Day	Circle how you felt	Why? (write or draw)
Mon	     great good okay sad mad	
Tue	     great good okay sad mad	
Wed	     great good okay sad mad	
Thu	     great good okay sad mad	
Fri	     great good okay sad mad	
Sat	     great good okay sad mad	
Sun	     great good okay sad mad	

Grown-ups: do it at the same calm moment each day. Ask "what made today feel that way?" — never argue with the face they circle. All feelings are allowed.