



Name \_\_\_\_\_

Record your feelings at different times during your day.  
Do your feelings change or are they always the same?

# How do you feel?



## Snack time

I feel \_\_\_\_\_  
right now.

## After school

I feel \_\_\_\_\_  
right now.

## Bedtime

I feel \_\_\_\_\_  
right now.

Name \_\_\_\_\_

Write or draw things you can do when you decide to turn your MOOD around.

# Feelings Check-in

**When I feel bored,**  
instead of \_\_\_\_\_  
\_\_\_\_\_,  
  
  
  
  
  
  
  
  
  
**I will** \_\_\_\_\_  
\_\_\_\_\_.

**When I feel tired,**  
instead of \_\_\_\_\_  
\_\_\_\_\_,  
  
  
  
  
  
  
  
  
  
**I will** \_\_\_\_\_  
\_\_\_\_\_.

**When I feel grumpy,**  
instead of \_\_\_\_\_  
\_\_\_\_\_,  
  
  
  
  
  
  
  
  
  
**I will** \_\_\_\_\_  
\_\_\_\_\_.



Name \_\_\_\_\_

Record how you feel and your choices at different times during your day. Do your feelings change or are they always the same?

I Will...



**Snack time**

**After school**

**Bedtime**

I will \_\_\_\_\_  
\_\_\_\_\_.

I will \_\_\_\_\_  
\_\_\_\_\_.

I will \_\_\_\_\_  
\_\_\_\_\_.

