

# How do you feel today?



**Angry**



**Bored**



**Brave**



**Calm**



**Confused**



**Curious**



**Disappointed**



**Distracted**



**Embarrassed**



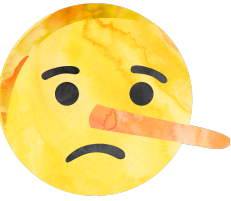
**Excited**



**Focused**



**Grumpy**



**Guilty**



**Happy**



**Indifferent**



**Irritated**



**Lonely**



**Overwhelmed**



**Proud**



**Sad**



**Scared**



**Shy**



**Sick**



**Silly**



**Stressed**



**Surprised**



**Tired**



**Virtuous**



**Volatile**



**Worried**



Name: \_\_\_\_\_

Date: \_\_\_\_\_

Class: \_\_\_\_\_

# EMOTIONS TRACKER

Week of: \_\_\_\_\_

EMOTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ANGRY					
BORED					
BRAVE					
CALM					
CONFUSED					
CURIOUS					
DISAPPOINTED					
DISTRACTED					
EMBARRASSED					
EXCITED					
FOCUSED					
GRUMPY					
GUILTY					
HAPPY					
INDIFFERENT					
IRRITATED					
LONELY					
OVERWHELMED					
PROUD					
SAD					
SCARED					
SHY					
SICK					
SILLY					
STRESSED					
SURPRISED					
TIRED					
VIRTUOUS					
VOLATILE					
WORRIED					

I feel this way because:

I feel this way because:

I feel this way because:

I feel this way because:

I feel this way because:



THE CALM CLASSROOM