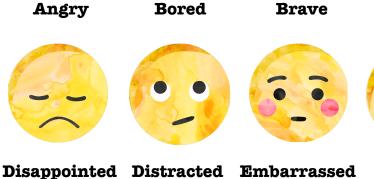
How do you feel today?









Calm





Confused



Curious













Grumpy

Guilty



Indifferent Happy



Irritated

Excited





Lonely

Focused



Overwhelmed



Proud





Shy



Silly

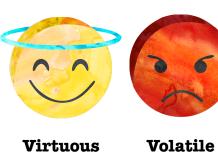


Stressed

Surprised

Sad









Worried



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Date: _____

Class;

EMOTIONS TRACKER

Week of:_____

EMOTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ANGRY					
BORED					
BRAVE					
CALM					
CONFUSED					
CURIOUS					
DISAPPOINTED					
DISTRACTED					
EMBARASSED					
EXCITED					
FOCUSED					
GRUMPY					
GUILTY					
HAPPY					
INDIFFERENT					
IRRITATED					
LONELY					
OVERWHELMED					
PROUD					
SAD					
SCARED					
SHY					
SICK					
SILLY					
STRESSED	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:
SURPRISED	ls au	au	au	au	au
TIRED	thi ec	chi	chi	chi ec	chi ec
VIRTUOUS	el †	el †	el † v b	el † v b	el †
VOLATILE	I feel this way beca	I feel this way beca	I feel this way becar	I feel this way beca	I feel this way becar
WORRIED	μ۶	ПΡ	ΗР	ΗР	ΗР

