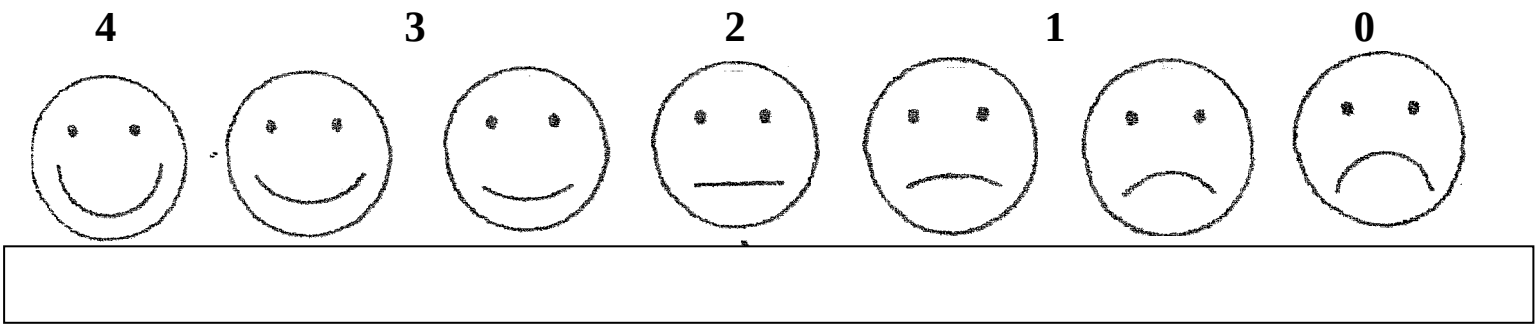
Which face comes closest to to telling how you feel about your Day?



Learn more about how you feel by keeping track “charting” your own feelings with this feeling sheet. Use the following rating system:

0 - A really rotten day (was it mostly angry, sad or scared)

1- A poor day (was it mostly angry, sad or scared)

2 – An OK day

3 – A good day (what were you happy about)

4 – A great day (what were you happy about)

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