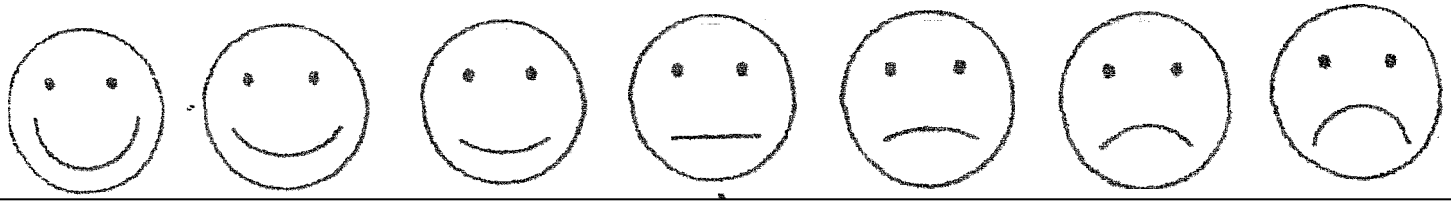
Which face comes closest to to telling how you feel about your Day?

4 **3** **2** **1** **0**



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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