

Emotions Log

Name:

Date:

Choose two words from the list to describe how you feel today. Can't find your emotions there? Feel free to use other words.

I think these feelings are:

- both positive positive and negative
 negative and positive both negative

I feel this way because _____

What can cheer you up or help you stay happy today? Draw them below.

- | EMOTIONS LIST |
|---------------|
| angry |
| annoyed |
| anxious |
| ashamed |
| awkward |
| brave |
| calm |
| cheerful |
| chill |
| confused |
| discouraged |
| disgusted |
| distracted |
| embarrassed |
| excited |
| friendly |
| guilty |
| happy |
| hopeful |
| jealous |
| lonely |
| loved |
| nervous |
| offended |
| scared |
| thoughtful |
| tired |
| uncomfortable |
| unsure |
| worried |