

TODAY I'M FEELING:

Date: _____

Whether you feel sunny and happy, cloudy and tired, or stormy and frustrated, you can describe your day or mood by checking the icons or by writing your feelings here.



Four horizontal lines for writing feelings.

I SLEPT HOURS LAST NIGHT AND MY SLEEP HAS BEEN:

Amazing Good Okay Not great Terrible

IS THERE ANYTHING IN PARTICULAR THAT'S WORRYING YOU?

Write about it here:

Three horizontal lines for writing about worries.

HOW WAS YOUR DAY?

Write a bit about your day and how you felt:

Large empty rectangular box for writing about the day.

