How Am I Feeling Today?

Circle a face. Draw yourself. Color the feeling your favorite color. For ages 4 to 10.

Name: _____ Date: _____



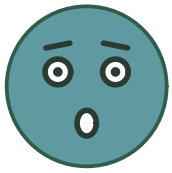
Happy



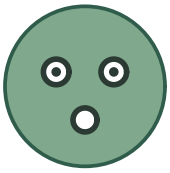
Sad



Mad



Scared



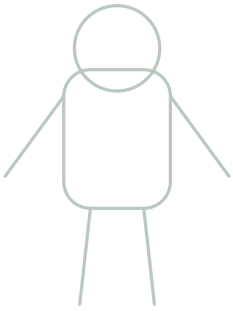
Surprised



Yucky

DRAW ME FEELING THIS WAY

MY BODY FEELS



ONE THING THAT COULD HELP ME FEEL BETTER

Educational use only. Not therapy, diagnosis or medical advice. In a crisis call or text 988. Immediate danger: call 911.