

Identifying My Emotions

Instructions: Circle where you are feeling any emotions or tension within your body using the image below. If you'd like you can have a parent or trusted adult help you. Then answer the following questions.

1) Today I am feeling:

2) Where do I feel this emotion in my body?

3) How strong does this emotion feel from zero to 10?

4) Why am I feeling this way today?

5) Who can I talk to when I feel this way?

6) What helps me feel a little better when I feel this way?

