

Name: _____

Date: _____

How are you feeling today?



happy



frustrated



tired



silly



sad



excited



embarrassed



confused



angry



scared



proud



sick

Choose an emotion that matches how you're feeling today.

Why do you feel this way?

Is there anything you would like to share with your tutor?

Would you like to talk about this with your tutor?

Circle:

YES

NO

MAYBE