



# *My Emotions & Feelings Tracker*

HELPING ME UNDERSTAND HOW I FEEL EACH DAY.

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CHILD'S NAME

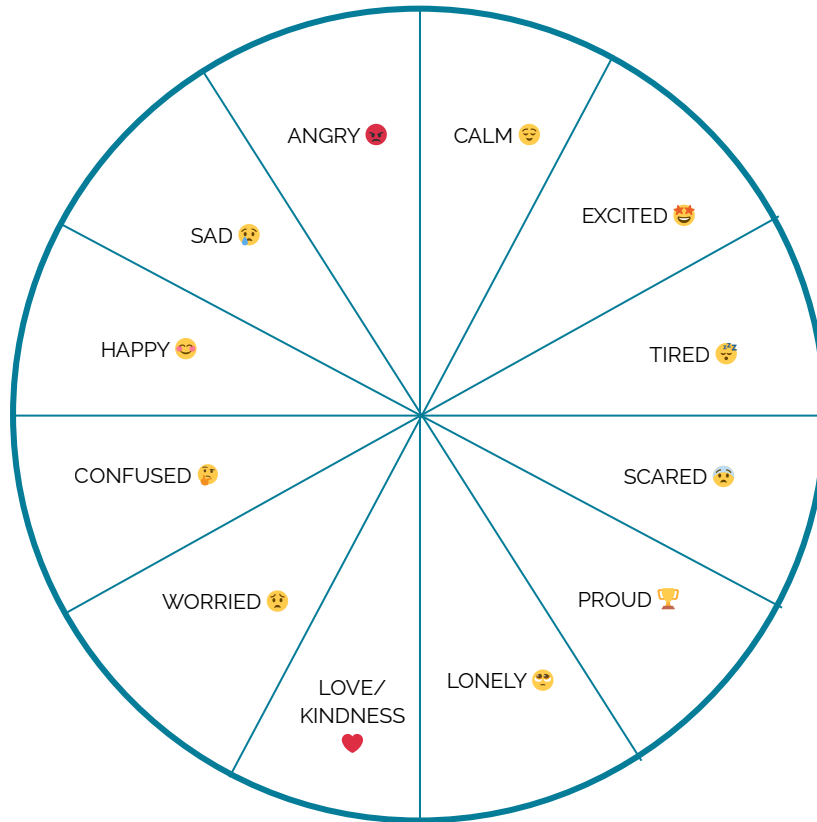
# Why Track My Feelings?

Everyone has feelings, and they can change throughout the day. Tracking your feelings helps you notice what makes you happy, sad, calm, or excited.

When you understand your feelings, you can learn how to take care of yourself and ask for help when you need it.



# Emotions & Feelings Wheel



TODAY I FEEL MOSTLY...

Draws or write your  
top feeling

# How I Felt Today

| TIME OF THE DAY | HOW I FELT (CIRCLE OR DRAW)                                                         | WHY I FELT THIS WAY |
|-----------------|-------------------------------------------------------------------------------------|---------------------|
| MORNING         |    |                     |
| AFTERNOON       |  |                     |
| EVENING         |  |                     |

# My Week of Feelings

| DAY | MY FEELING                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | BEST PART OF MY DAY | HARD PART OF MY DAY |
|-----|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|---------------------|
|     |                   |                     |                     |
|     |                   |                     |                     |
|     |       |                     |                     |
|     |       |                     |                     |
|     |       |                     |                     |
|     |       |                     |                     |
|     |       |                     |                     |

# What Helps Me Feel Better

DEEP BREATHING 🧘

LISTEN TO MUSIC 🎵

DRAW A PICTURE 🎨

PLAY OUTSIDE 🌳

HUG A STUFFED ANIMAL 🧸

TALK TO A GROWN-UP 👤

TAKE A BREAK OR NAP 🛌

COUNT TO TEN SLOWLY 10



# Thinking About My Feelings

THE HAPPIEST MOMENT I HAD THIS WEEK WAS...

SOMETHING THAT MADE ME FEEL UPSET WAS...

A TIME I WAS PROUD OF MYSELF WAS...

WHEN I FELT WORRIED, THIS HELPED ME FEEL BETTER...

I WANT TO REMEMBER THIS ABOUT MY WEEK...



# Notes

