

How are you feeling?

Circle which emotions you are feeling today on the grid below.

Angry    **Really scared**  **Really upset**

BIG EMOTIONS

 **Excited**  **Worried** 

Wriggly   

Calm **Ready to learn**

FEELING JUST RIGHT 

 **OK** **In my thinking brain**  **Content**

Poorly  **Bored**  **Tired**

 **FEELING SLOW** 

Switched off  **In my own world** **Sad**