



Feelings Tracker

Every Relationship Matters in Norfolk

My Name _____ Month _____

Colour each face that represents how you felt during the day. Count up the faces at the end of the week to see how you've been feeling.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Silly Upset	Happy Silly Upset	Happy Silly Upset	Happy Silly Upset	Happy Silly Upset	Happy Silly Upset	Happy Silly Upset
Afraid Angry Sad	Afraid Angry Sad	Afraid Angry Sad	Afraid Angry Sad	Afraid Angry Sad	Afraid Angry Sad	Afraid Angry Sad

Happy = _____ Silly = _____ Upset = _____ Afraid = _____ Angry = _____ Sad = _____

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Happy Silly Upset	Happy Silly Upset	Happy Silly Upset	Happy Silly Upset	Happy Silly Upset	Happy Silly Upset	Happy Silly Upset
Afraid Angry Sad	Afraid Angry Sad	Afraid Angry Sad	Afraid Angry Sad	Afraid Angry Sad	Afraid Angry Sad	Afraid Angry Sad

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