	(
Name:		Date:

HOW DO YOU FEEL RIGHT NOW?

Circle one!

Нарру	Anxious	Curious	Sad	Excited	Overwhelmed
1. What's	one thing th	nat made me	feel () to	day? And why?
2.What's	one thing th	nat didn't go	as plani	ned today?	
3.What di	id I learn abo	out myself o	or others	s today?	