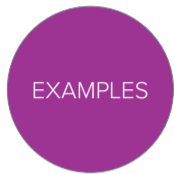


How I felt today?

When you are frustrated or distressed, it can be difficult to verbalise your feelings. Keeping a record of emotions and any fluctuations in feelings is important!



Happy



Sad



I'm Good



Angry



Upset



Frustrated



Excited



Confused

Happy	
Why?	
Sad	
Why?	

I feel this way because:
