

INCLUSION TILES F.E.E.L.S. TRACK MY FEELINGS

Track your feelings to see how your feelings change over time!



① Complete the game.



② Write in 1 location or scenario on the line.



③ Circle the feeling you experienced on that day.



④ On the back, write notes to help remember why you felt this way. Think about:

- where you were
- what happened
- who you were with
- what you did as a response

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	Location or Situation				
Hopeful					
Mad					
Afraid					
Calm					
Happy					
Sad					
Proud					
Lonely					
Excited					
	Monday	Tuesday	Wednesday	Thursday	Friday

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Notes:	Notes:	Notes:	Notes:	Notes:
Monday	Tuesday	Wednesday	Thursday	Friday

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③ Write in the day. Circle the feeling you experienced on that day.

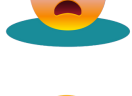
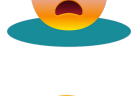
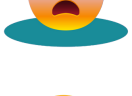
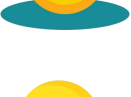
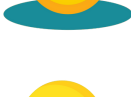
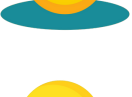


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