

### Happy



- Calm
- Cheerful
- Confident



- Content
- Delighted
- Excited



- Glad
- Loved
- Proud



- Relaxed
- Satisfied
- Silly



- Terrific
- Thankful

### Sad

- Ashamed
- Awful
- Disappointed
- Discouraged
- Gloomy



- Hurt
- Lonely
- Miserable



- Sorry
- Unhappy
- Unloved
- Withdrawn

**How did I feel today?**  
Use the list of emotions to describe how you felt today.  
You can use as many emotions as you like.

	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

### Angry

- Annoyed
- Bugged
- Destructive

- Disgusted
- Frustrated
- Fuming

- Furious
- Grumpy
- Irritated

- Mad
- Mean
- Violent

### Other feelings

- Afraid
- Anxious
- Bored

- Confused
- Curious
- Embarrassed

- Jealous
- Moody
- Responsible

- Scared
- Shy
- Uncomfortable

- Worried

