

# My Feelings

My name is \_\_\_\_\_

Ask Mum, Dad or a Carer to help you with this chart  
& at the end of the week you can give yourself a GREAT BIG TICK!



Feelings are funny things and it can take time to learn about how you are feeling and it can take longer to tell Mum or Dad how you are feeling.

What feelings did you have today? (Happy, Sad, Angry, Frustrated, Calm, Scared...)

MONDAY \_\_\_\_\_

TUESDAY \_\_\_\_\_

WEDNESDAY \_\_\_\_\_

THURSDAY \_\_\_\_\_

FRIDAY \_\_\_\_\_

SATURDAY \_\_\_\_\_

SUNDAY \_\_\_\_\_

Congratulations!  
You have finished your Feelings activities! High Five!



Ask Mum or Dad to download your special MY FEELINGS certificate from  
[www.littlerockersradio.com.au/hippo-blue-uniquely-you/](http://www.littlerockersradio.com.au/hippo-blue-uniquely-you/)

