Today I AM FEELING

JOYFUL ANGRY DISGUSTED FEARFUL SAD

BECAUSE...

_____

_____

_____

_____

_____

_____

_____

_____

I feel

JOYFUL

when...

ANGRY

when...

DISGUSTED

when...

FEARFUL

when...

SAD

When...

Draw a time you felt...
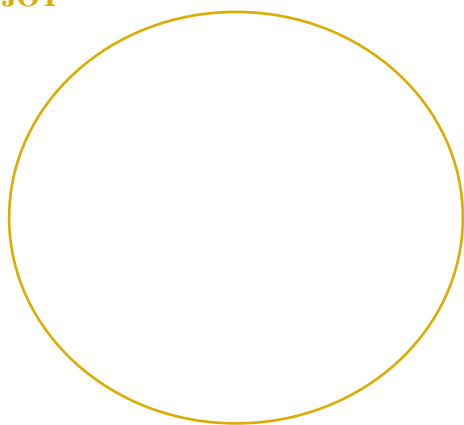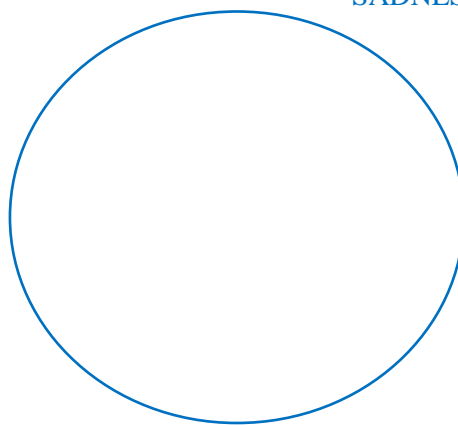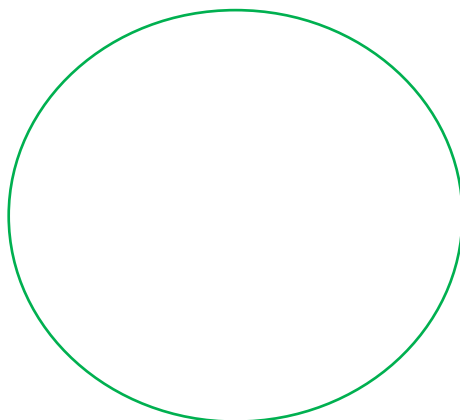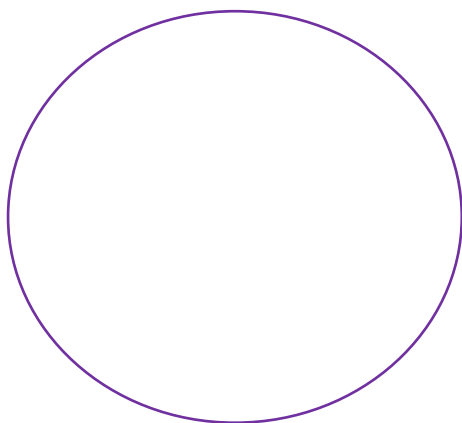

JOYFUL ANGRY DISGUSTED FEARFUL SAD

Draw a memory sphere for each emotion.

JOY

SADNESS

DISGUST

FEAR

ANGER