

Today I am feeling...

Unhappy

Sad

Upset

Gloomy

Miserable



Today I am feeling...

Calm

Peaceful

Quiet

Still

Relaxed



Today I am feeling...

Cross

Annoyed

Angry

Frustrated

Bad Tempered



Today I am feeling...

Caring

Loving

Friendly

Supportive

Helpful



Today I am feeling...

Nervous

Scared

Fearful

Anxious

Unsure



Today I am feeling...

Positive

Happy

Cheerful

Smiley

Jolly



Today I am feeling...

Mixed Up

Confused

Unsure

Muddled

Unclear

