

EMOTION TRACKER

Your emotions matter! Tracking how you're feeling is important. For the next 30 days, fill in the tracker below with the color that best describes how you're feeling. Check out the color code to help you (or make up a color code of your own). Remember to share your tracker with a grown-up you trust, so that person can help you if you're struggling with your emotions or need advice processing them.



HAPPY



EXCITED



SAD



ANGRY



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