

My Circle of Emotions

Everyone experiences emotions in different ways. No emotion is good or bad, and it's okay to feel all the feelings we have.

Take a moment to remember and draw a time you've felt each of these emotions.

A large circle is divided into eight equal segments by four lines that intersect at the center. Each segment is labeled with an emotion in a bold, sans-serif font, rotated 45 degrees clockwise from the center. Starting from the top-left and moving clockwise, the labels are: **Loved**, **Excited**, **Scared**, **Angry**, **Happy**, **Relaxed**, **Sad**, and **Bored**. The center of the circle is a smaller, empty circle.

How I Feel

I'm Feeling...

Scared	Mad	Upset	Sad	Overwhelmed
Frustrated	Confused	Nervous	Annoyed	Bored
Sick	Disgusted	Worried	Disappointed	Embarrassed

This feeling is:

Small

Medium

Big

I feel this way because:

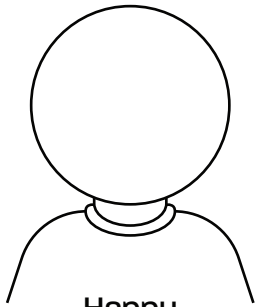
When I felt this way, I reacted by:

Here are three ways I can cope with this feeling in the future:

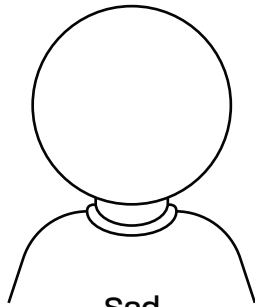
- 1.
- 2.
- 3.

Facing My Feelings

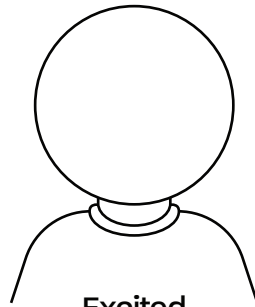
Feelings look different on everyone. Draw your face when you're feeling each of these emotions.



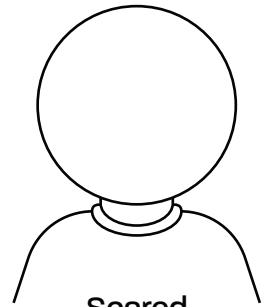
Happy



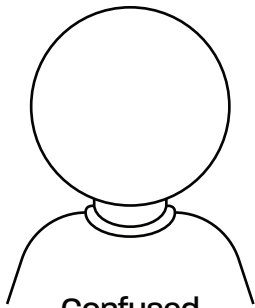
Sad



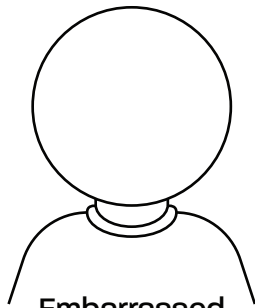
Excited



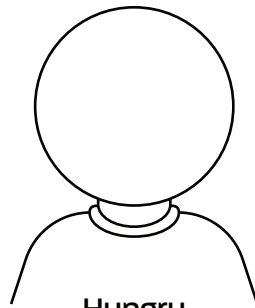
Scared



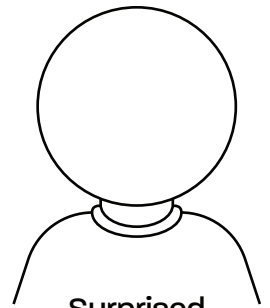
Confused



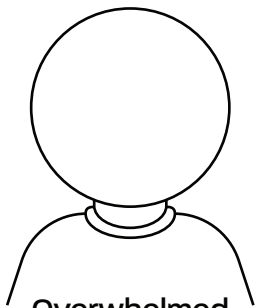
Embarrassed



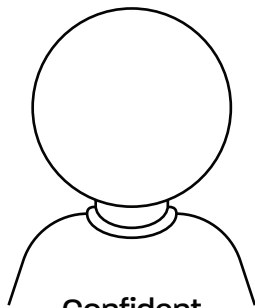
Hungry



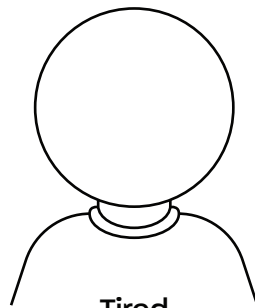
Surprised



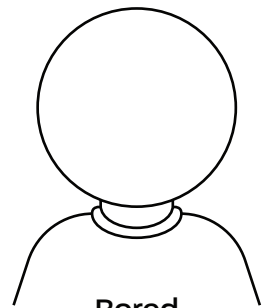
Overwhelmed



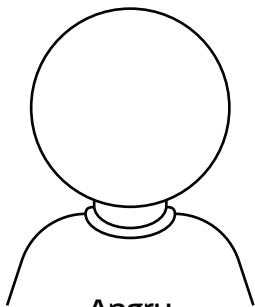
Confident



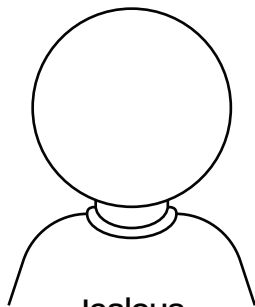
Tired



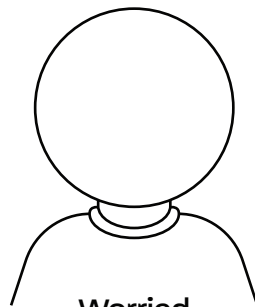
Bored



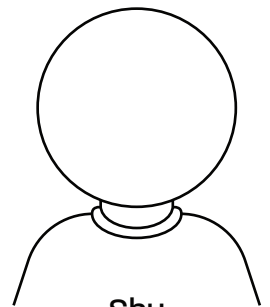
Angry



Jealous



Worried



Shy