Match the animals to the correct emotions:

HAPPY

CALM

ANGRY

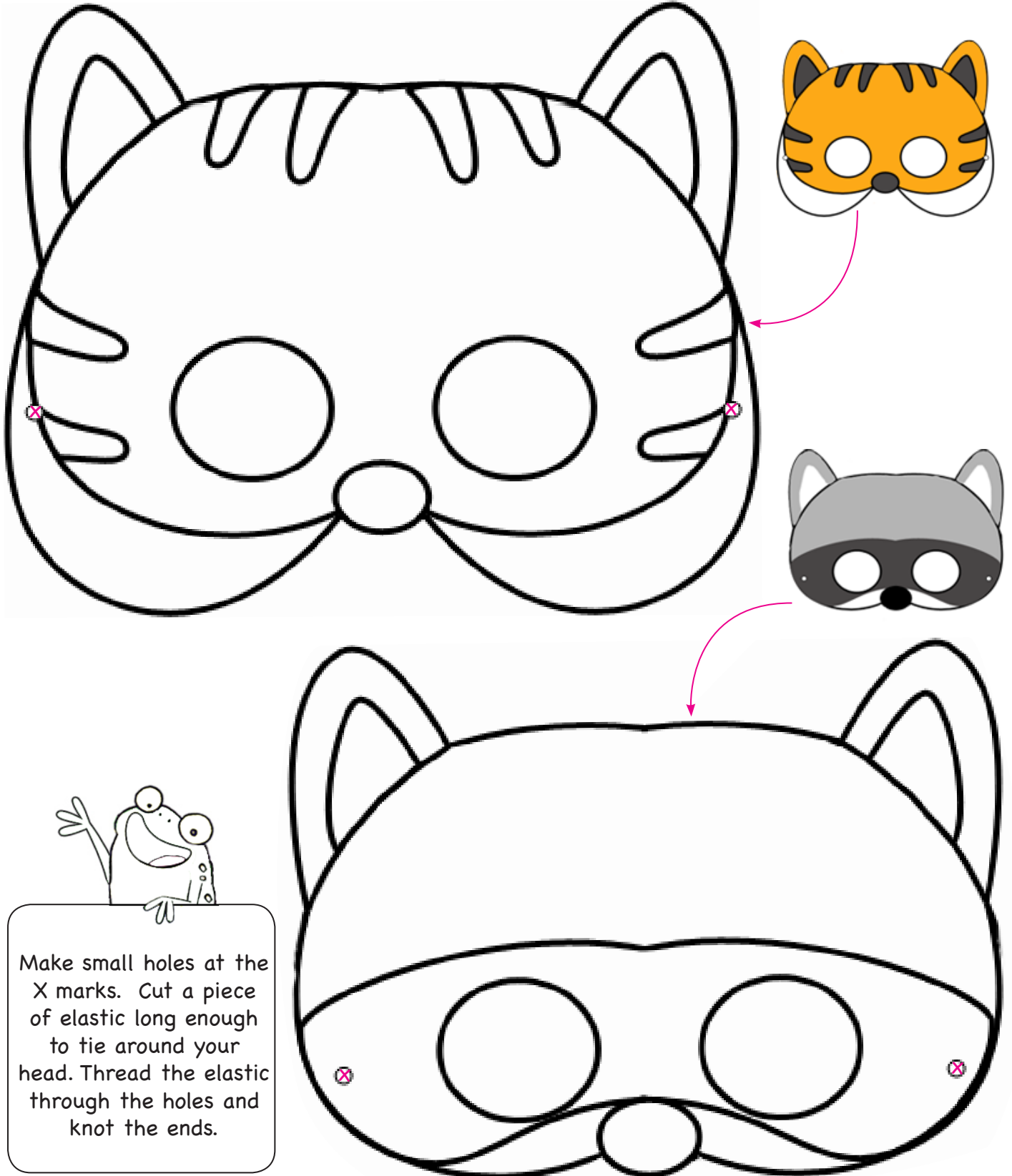SCARED

SAD

DISGUSTED

Make your own animal masks:

Make small holes at the X marks. Cut a piece of elastic long enough to tie around your head. Thread the elastic through the holes and knot the ends.
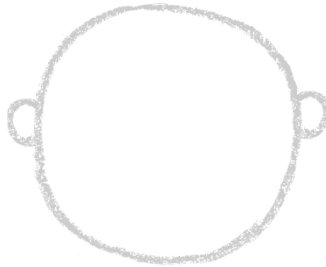
My emotion diary

Name: _____ Date: _____

Colour in the face that matches your feeling now:

Draw this feeling:

Colour in the figure that expresses how you feel:

How intense is this feeling? Fill in the meter:

| very low | low | medium | high |

The name of this feeling: _____

I like this feeling: ☐ Yes   ☐ No