

# HOW WAS YOUR DAY? feelings worksheet for kids

My name is: \_\_\_\_\_ Today is: \_\_\_\_\_

What did you do today?: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

What was your most favorite part of today?: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

What was your least favorite part of today?: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Is there anything you would change about today?: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

What one word describes how you feel about today? (circle one)



happy



sad



angry



scared



surprised



worried



tired



sick

Why do you feel that way?: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_