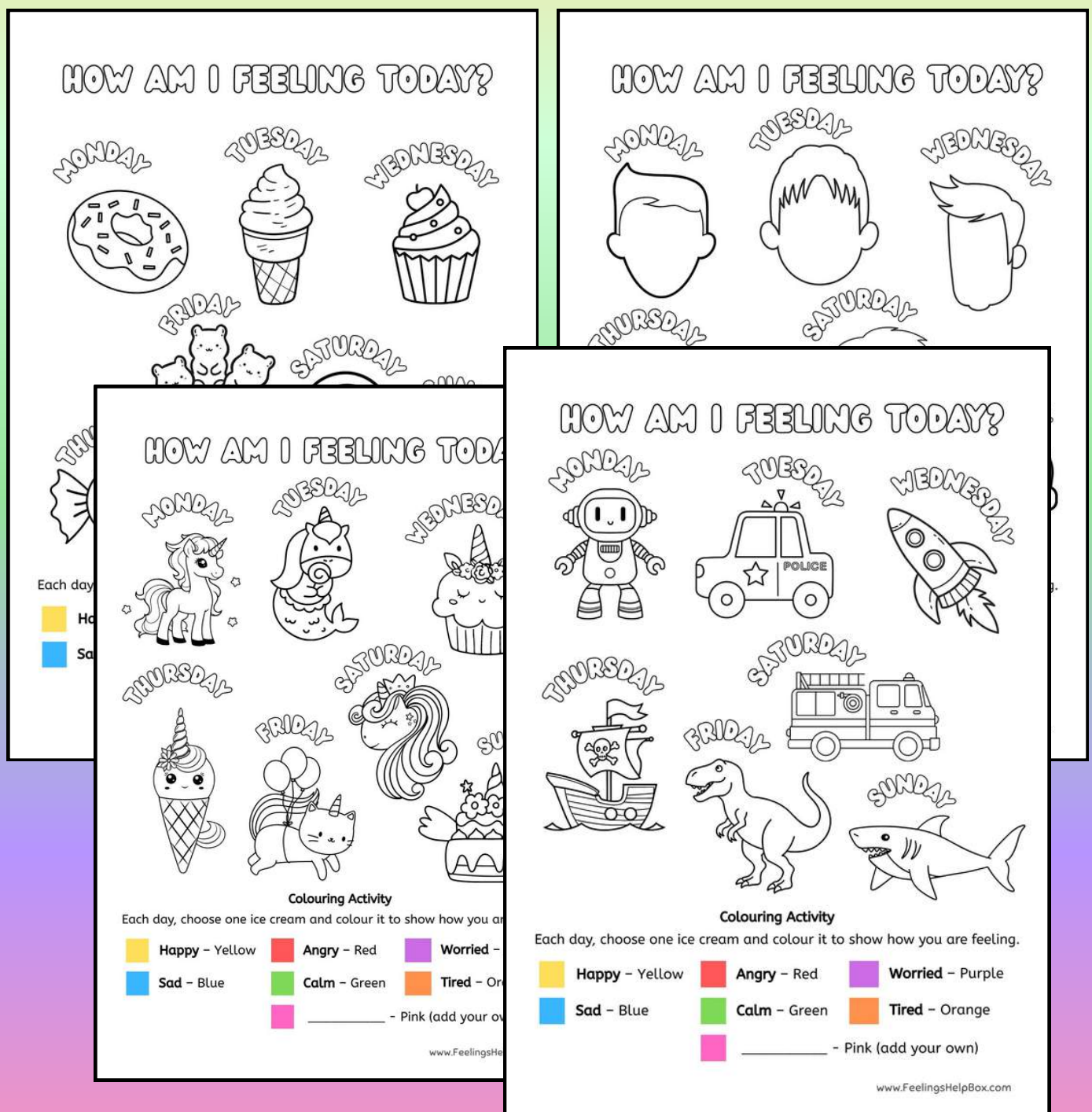


My Week of Feelings: Mood Trackers for Kids

www FeelingsHelpBox.com

FREE DOWNLOAD



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UPLOADED TO OTHER WEBSITES PROVIDING THAT NO CHANGES ARE MADE
TO ITS CONTENT.

HOW AM I FEELING TODAY?



Colouring Activity

Each day, choose one ice cream and colour it to show how you are feeling.



Happy – Yellow



Angry – Red



Worried – Purple



Sad – Blue



Calm – Green



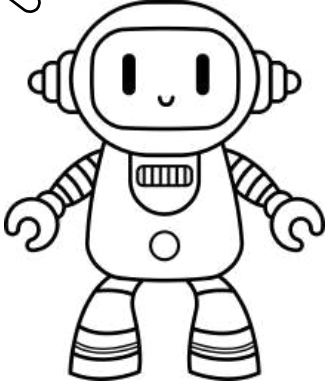
Tired – Orange



_____ – Pink (add your own)

HOW AM I FEELING TODAY?

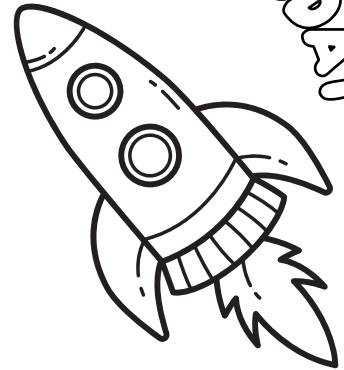
MONDAY



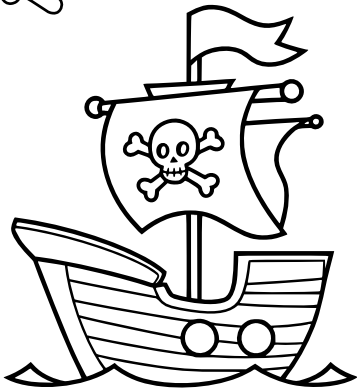
TUESDAY



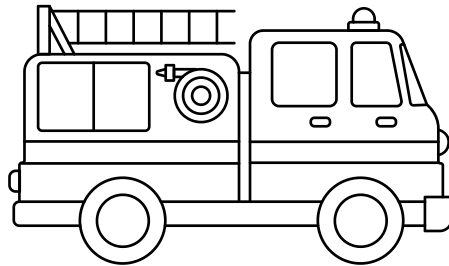
WEDNESDAY



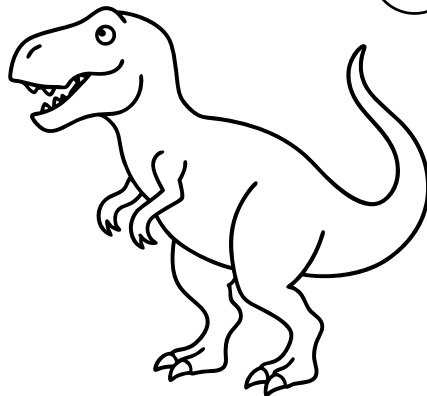
THURSDAY



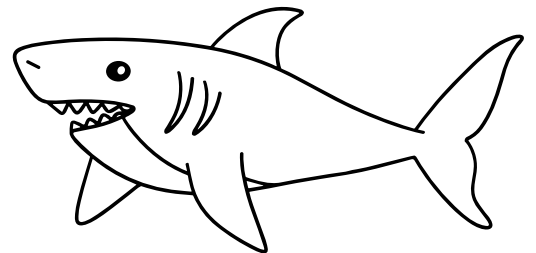
SATURDAY



FRIDAY



SUNDAY



Colouring Activity

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Happy – Yellow



Angry – Red



Worried – Purple



Sad – Blue



Calm – Green



Tired – Orange



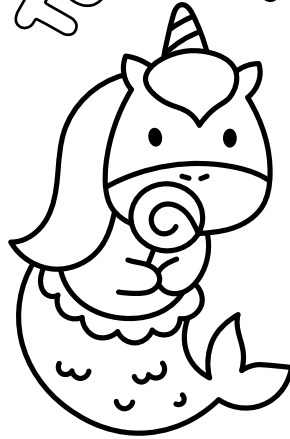
_____ – Pink (add your own)

HOW AM I FEELING TODAY?

MONDAY



TUESDAY



WEDNESDAY



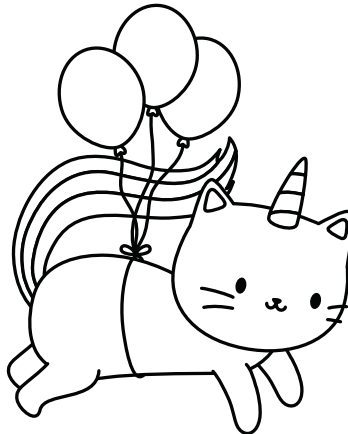
THURSDAY



SATURDAY



FRIDAY



SUNDAY



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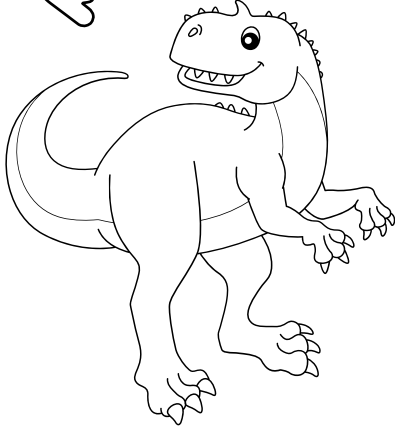
Tired – Orange



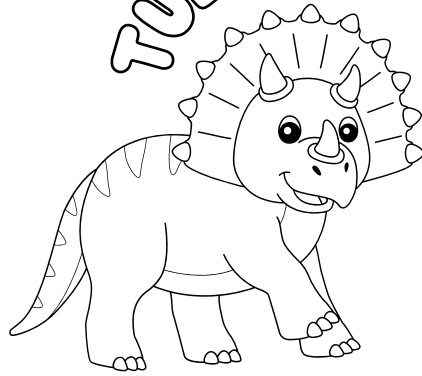
_____ – Pink (add your own)

HOW AM I FEELING TODAY?

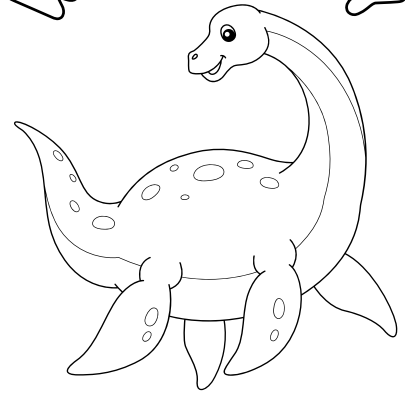
MONDAY



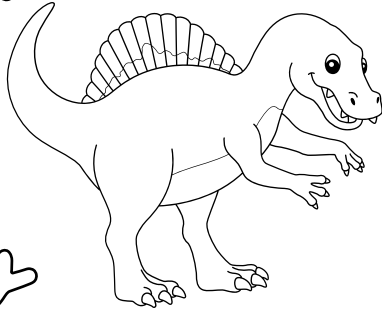
TUESDAY



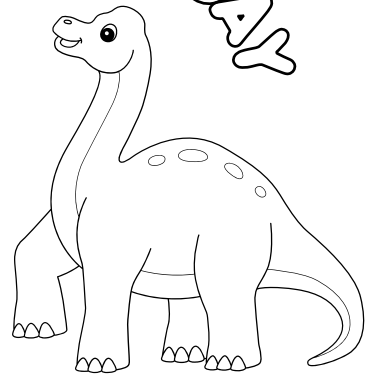
WEDNESDAY



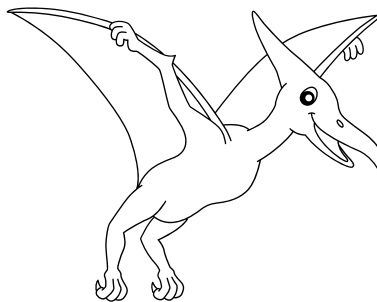
FRIDAY



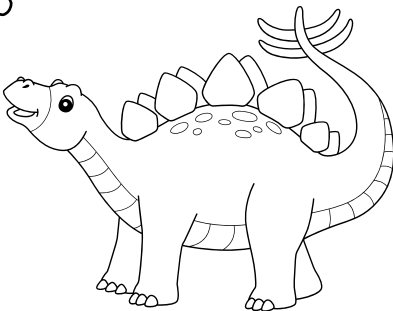
SUNDAY



SATURDAY



THURSDAY



Colouring Activity

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HOW AM I FEELING TODAY?

MONDAY



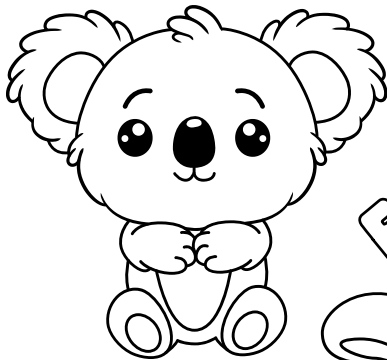
TUESDAY



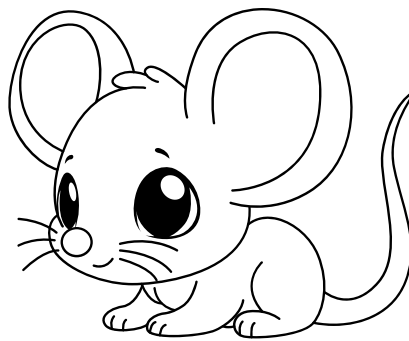
WEDNESDAY



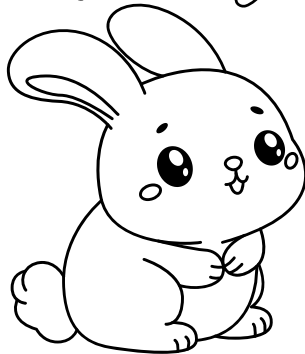
THURSDAY



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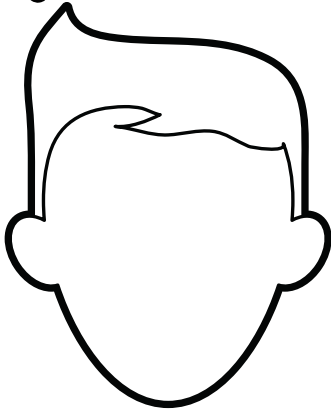
Tired – Orange



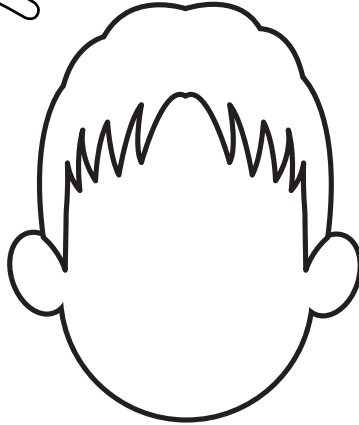
_____ – Pink (add your own)

HOW AM I FEELING TODAY?

MONDAY



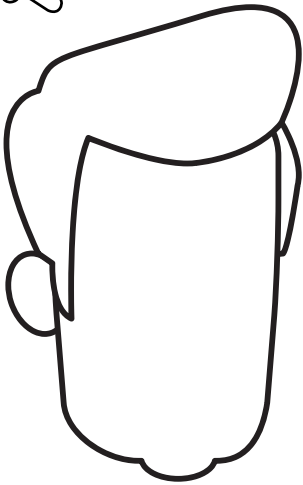
TUESDAY



WEDNESDAY

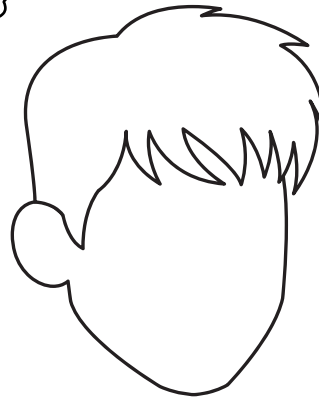


THURSDAY

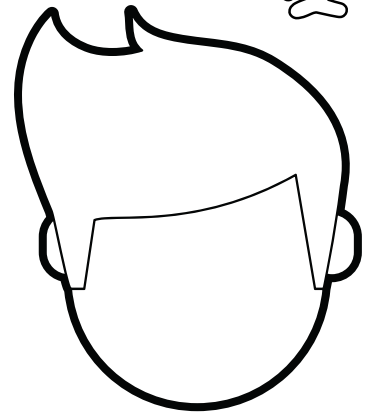


FRIDAY

SATURDAY



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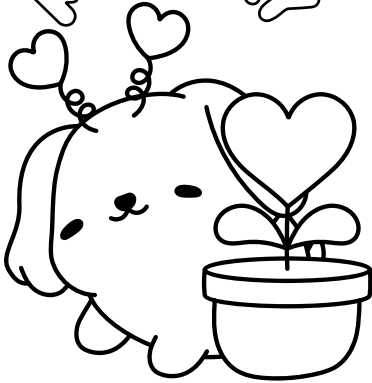
Tired – Orange



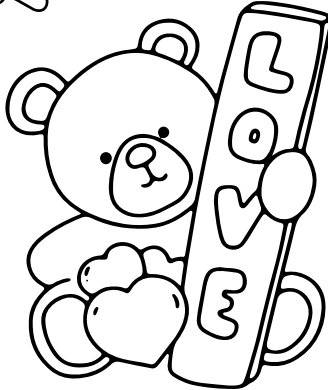
_____ – Pink (add your own)

HOW AM I FEELING TODAY?

MONDAY



TUESDAY



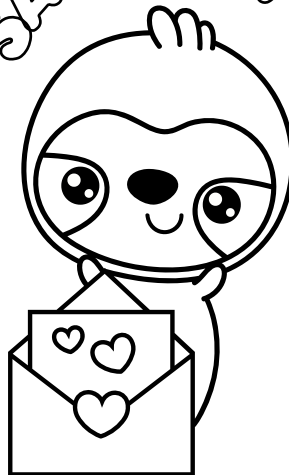
WEDNESDAY



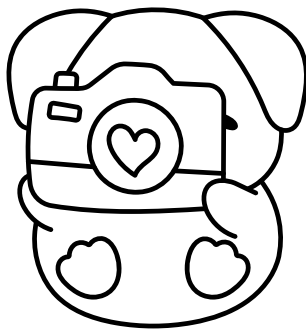
THURSDAY



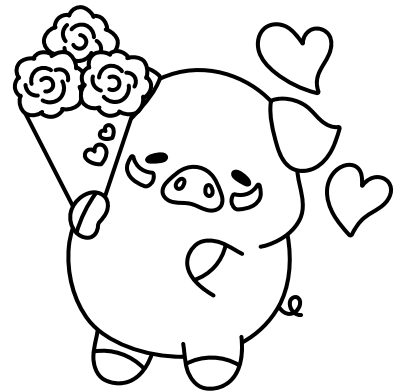
SATURDAY



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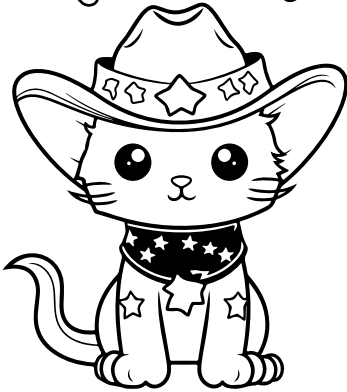
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TUESDAY



WEDNESDAY



THURSDAY



SATURDAY



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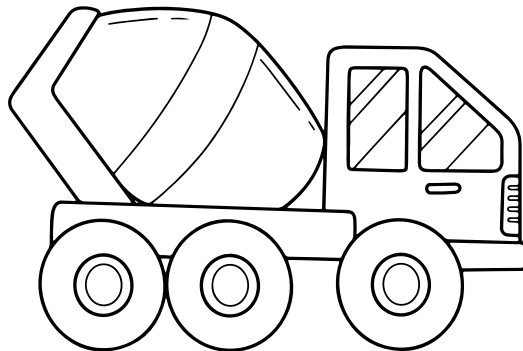
_____ – Pink (add your own)

HOW AM I FEELING TODAY?

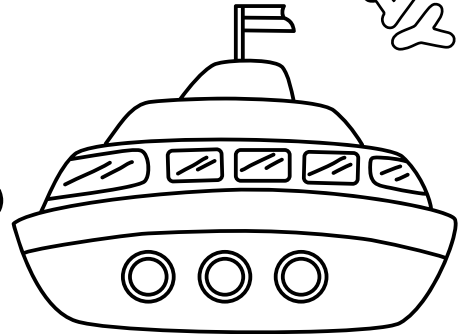
MONDAY



TUESDAY



WEDNESDAY



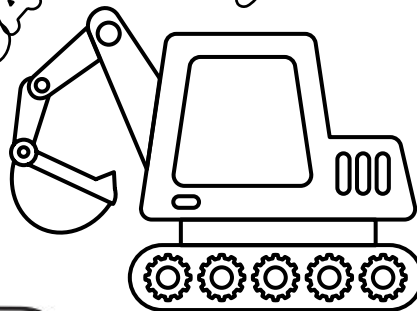
THURSDAY



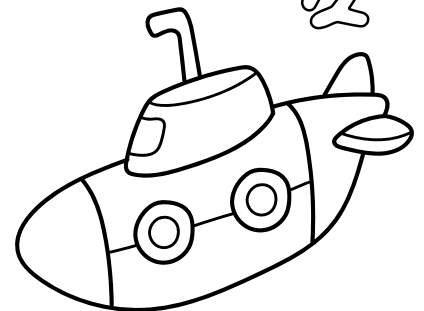
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