

# Activity Feelings Tracker

## Activity I did

## How I felt

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# About This Resource

The Activity Feelings Tracker helps children reflect on the activities they do and how these make them feel. Children can record what they did and choose the matching feeling face. This simple exercise supports emotional awareness, encourages conversations about feelings, and helps adults understand how different activities affect a child's mood.

Free to download and use at home, in schools, or in support sessions.

For more free resources, tools, and printable worksheets to support children's mental health and emotional well-being, visit [www.FeelingsHelpBox.com](http://www.FeelingsHelpBox.com).