



NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

CLASS \_\_\_\_\_

## PRACTISING NAMING / LABELLING EMOTIONS

DAY

TWO EMOTIONS I NOTICED

Examples: sad and happy, annoyed and scared

**INSTRUCTIONS:** Each day, write at least **TWO** emotions you notice which you feel. Practise saying out loud or in your head: "I feel \_\_\_."

**NOTE:** On the waves, there are some names of emotions which may help you. You might think of other emotions too.

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

worried

love



angry

sad

happy

annoyed

scared

anxious

jealous

guilty

