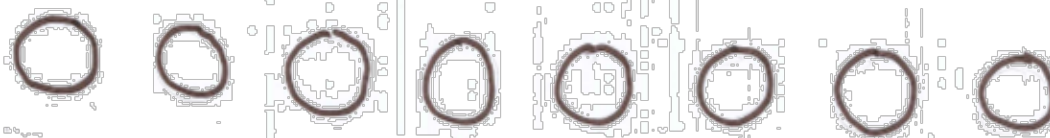
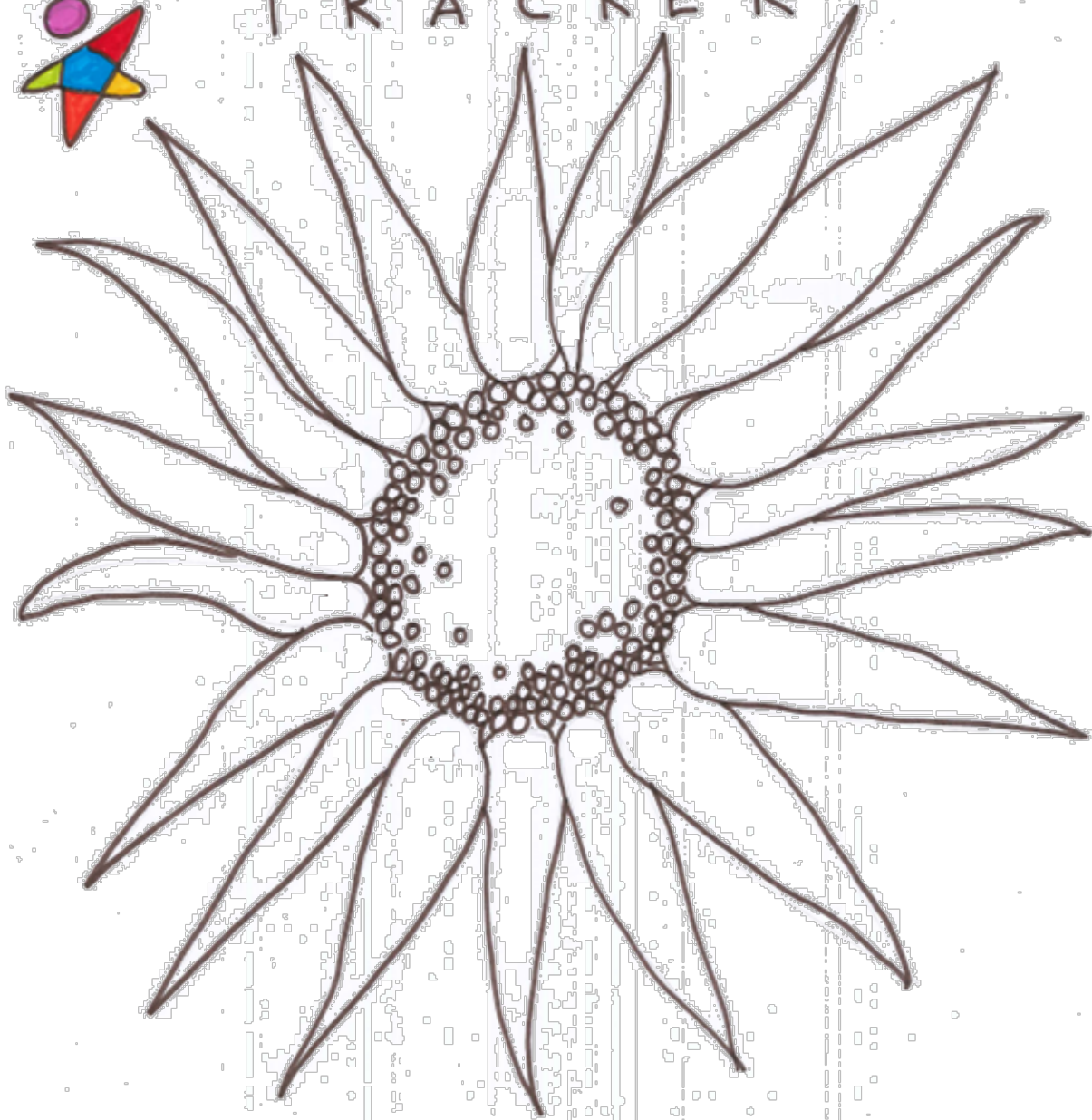


# FEELING

## TRACKER



Think of 8 different feelings that you might have. Give each one a colour then colour in a circle and write the feeling.

Each day colour in a petal using the colours of your feelings - you can see our example where orange is happy and pink is tired.



HAPPY TIED ○ ○ ○ ○ ○ ○ ○ ○