






My Mood

How am I feeling?

Naming my feelings can help me understand them better. It can also help me talk about them with the people who care about me.

A 4x4 grid of emotion words. The vertical axis is labeled 'PLEASANT' at the top and 'UNPLEASANT' at the bottom. The horizontal axis is labeled 'FEELINGS' at the bottom. The grid contains the following words:

 Happy	Calm	Loved	Loving
Content	Aware	Safe	Grateful 
Unhappy 	Worried	Vulnerable	Annoyed
Sad 	Panicked	Lonely 	Angry 