

My feelings this week

One line per day. The child circles their level in the morning and in the evening. After two weeks, the difficult moments become visible.

Week of: _____

	MORNING					EVENING				
	1	2	3	4	5	1	2	3	4	5
Monday	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Tuesday	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wednesday	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Thursday	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Friday	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Saturday	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sunday	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐