



# Feelings tracker FOR KIDS

How did you feel...

IN THE RED

IN THE BLUE

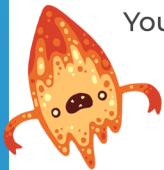
In my classroom		
In PE class		
During Lunch		
At Recess		
Staying in my seat		
In Car rides		
Doing my homework		
At Mealtime		
At Bedtime		
Dressing and Bathing		
At a Party		
At a Restaurant		
Doing Shopping		
Playing Sports		
Playing with Friends		
With my siblings		
Doing my chores		
Getting ready for school		

When you're **IN THE RED**

You feel frustrated, angry, excited, really happy or upset.

When you're **IN THE BLUE**

You feel calm, cool and in control.



## GET MIGHTIER™