

# INCLUSION TILES F.E.E.L.S. TRACK MY FEELINGS

Track your feelings to see how your feelings change over time!



① Complete the game.



② Write in 1 location or scenario on the line.



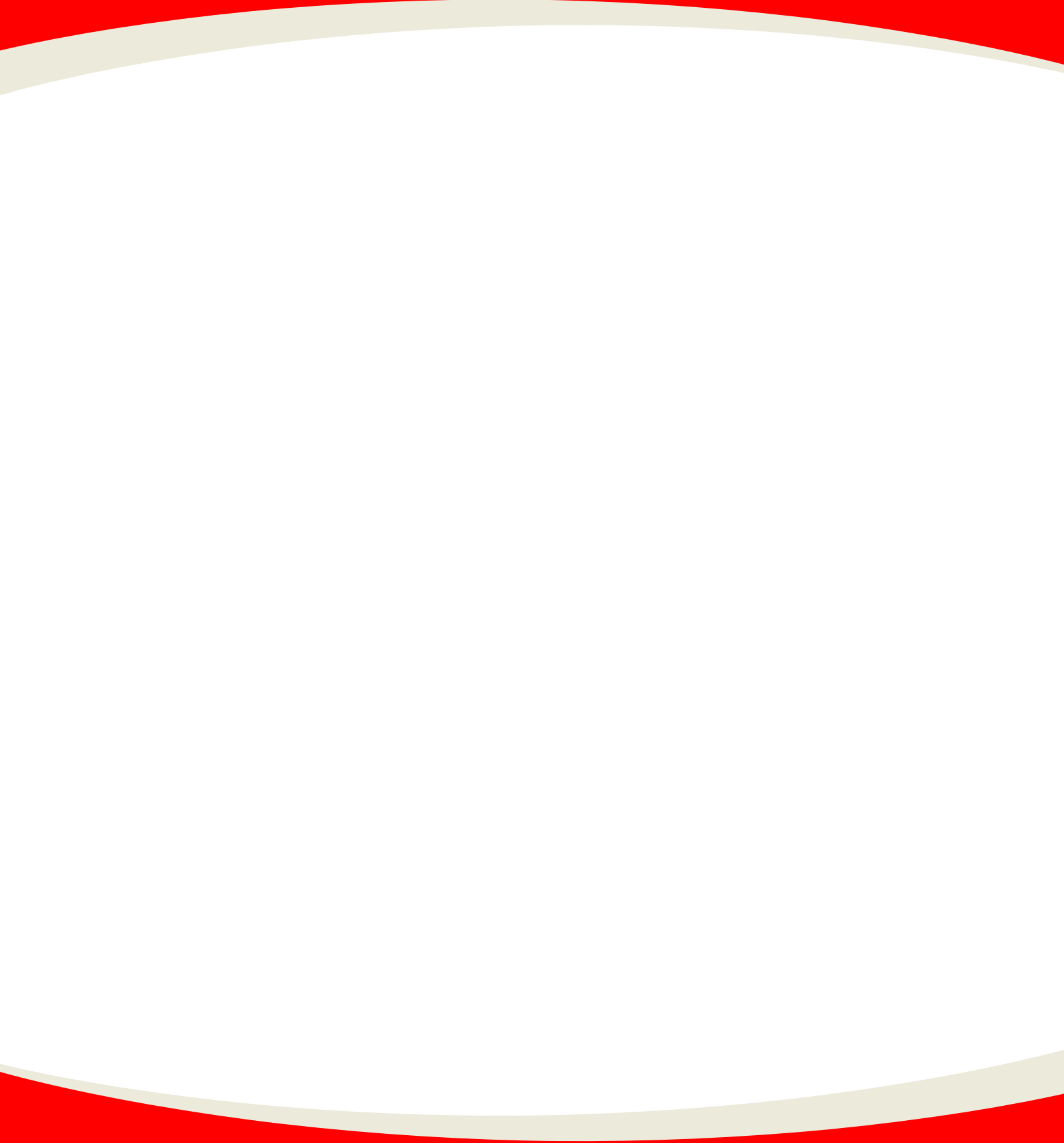
③ Circle the feeling you experienced on that day.



④ On the back, write notes to help remember why you felt this way. Think about:

- where you were
- what happened
- who you were with
- what you did as a response

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# INCLUSION TILES F.E.E.L.S. TRACK MY FEELINGS

Location or Situation

Excited  
Lonely  
Proud  
Sad  
Happy  
Calm  
Afraid  
Mad  
Hopeful



Monday

Tuesday

Wednesday

Thursday

Friday

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Notes:	Notes:	Notes:	Notes:	Notes:
Monday	Tuesday	Wednesday	Thursday	Friday

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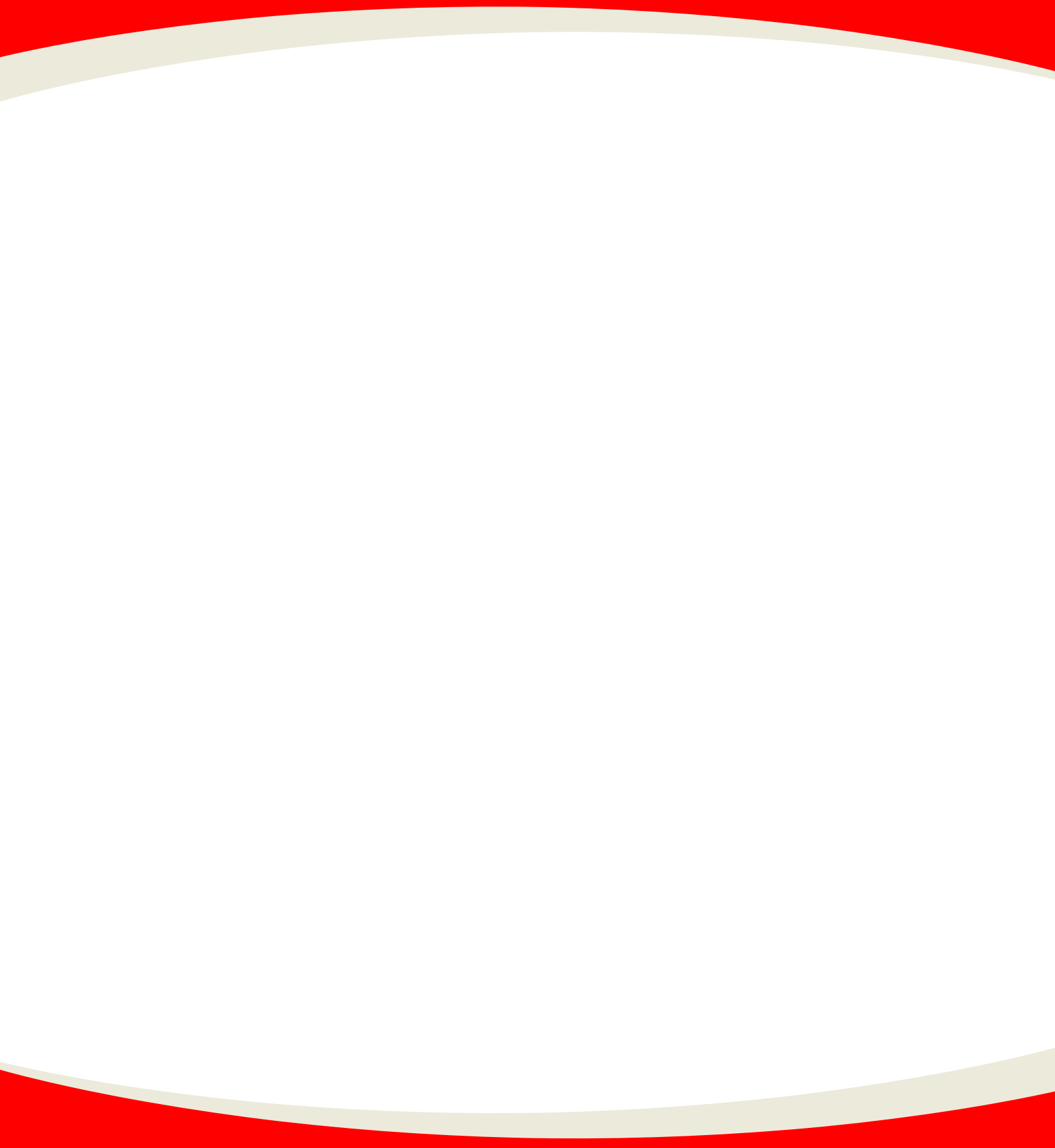
③ Write in the day. Circle the feeling you experienced on that day.



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