

HOW DO YOU FEEL TODAY?

Returning to school can make us feel lots of different things. Some people might feel happy and excited, some people might feel nervous and worried, and some people might feel sad and upset. Remember, talking about how you feel is important. Telling someone how you feel can help you feel better!

Fill in this sheet and share it with your teacher and classmates.



1. Name _____
2. Class / Age _____
3. I feel _____ about coming back to school.
4. I feel this way because _____
5. This year, I am excited about _____
6. This year, I am nervous about _____

Let's talk about our feelings!

Emotion words you can use:

Excited	😄
Happy	😊
Grateful	👍
Worried	😟
Sad	😢
Angry	😡

Things you might be excited about:

Meeting new friends
Learning new things

Things you might be nervous about

Being excluded or bullied
Getting sick

