

# 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

