

EMOTION VOCABULARY REFLECTION MAT

Name: _____

Date: _____

1. HOW AM I FEELING RIGHT NOW?



Happy



Calm



Okay



Worried



Sad



Angry



Scared

My emotion word: _____

2. OTHER WORDS THAT FIT



3. WHAT TRIGGERED THIS FEELING?



4. HOW DID I SHOW THIS FEELING?



5. WHAT HELPED OR COULD HELP?



6. MY PLAN



Next time I feel this way, I will:

I will try:

RATE YOURSELF:



I CAN USE EMOTION WORDS TO UNDERSTAND MYSELF.

