





















Show and discuss how you are feeling throughout each day using the symbols provided.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10 1 1 2 3 8 7 6 5 4							
10 1 2 9 3 8 7 6 5 4							
10 12 1 9 3 8 7 6 5							
9 8 7 6 5							
9 11 12 1 2 9 8 7 6 5 4							

