

My emotions tracker

Metacognitive skill targeted: emotion monitoring

When to use it

You can fill your emotions tracker at different stages of the day, for instance: in the morning, before lunch, in the afternoon, and at the end of the school day. You can also use it whenever you feel you need it.

What you'll do

The emotions tracker helps you observe how you feel at different periods of the day.

This tool will help you better understand your feelings.

You can observe what emotions are the most common and when you feel them.

How to use it

1. Choose one colour for each emotion. You are free to use the colours of your choice. You can then colour the circles at the top of your sheet.
2. Then, draw colour dots with the emotions you feel at different moments of the day in the jars.
3. Don't hesitate to repeat this exercise as many times as you need.

You have an example on the following page.

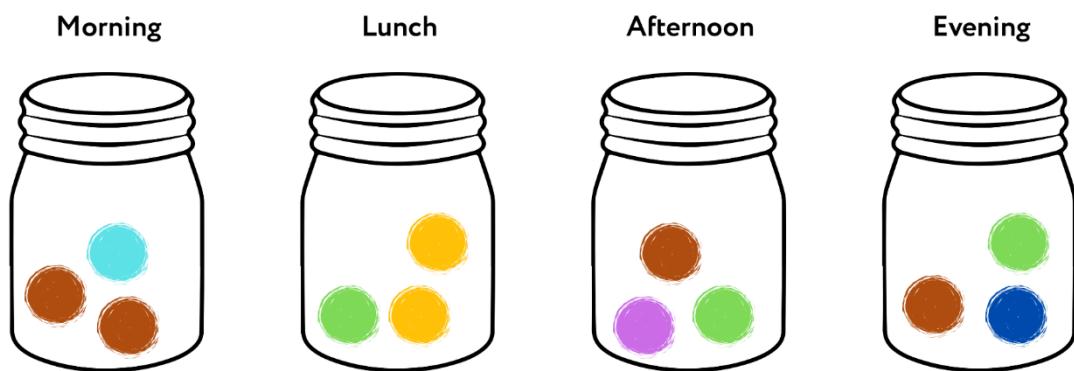


Emotions tracker

1/ Choose one colour per emotion.



2/ Fill the bottles with the emotions you feel at different stages of the day.



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This morning, I am still feeling tired from the night, but I'm also calm.

Just before lunch, I am feeling happy because I worked well and the break is soon. I'm also excited because I like what is on today's menu for lunch.

This afternoon, I am feeling a bit overwhelmed because we learned lots of things today. I can feel my brain is tired after this school day. But I'm also excited because I have judo after school.

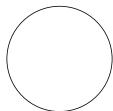
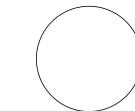
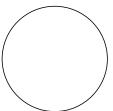
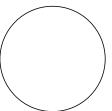
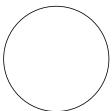
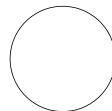
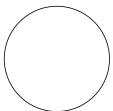
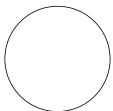
This evening, I can feel that I'm too excited to go to sleep. I still want to play, so I am feeling a bit sad because, even though I am tired of this school day.



Emotions tracker

1/ Choose one colour per emotion.

Calm **Happy** **Excited** **Sad** **Tired** **Angry** **Overwhelmed** **Anxious**

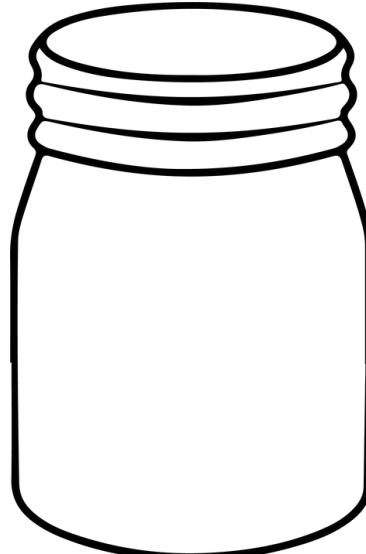


2/ Fill the bottles with the emotions you feel at different stages of the day.

Morning



Lunch



Afternoon



Evening

