

## Mood Tracker: Track Your BIG Feelings Throughout the Year

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KEY —					
Anger					
Surprise					
- Happiness					
Disgust					
Sadness					
<b>Fearful</b>					

Fill in each square with the color that represents your main feeling of the day. Reflect on patterns or insights as you go!

Notes

Remember, it's OK
to have BIG feelings.
It's what you do with
them that matters.