**Feelings Log**

**GLAD \* MAD \* SAD**

I started feeling this way: at, on or in…

\_\_\_ school \_\_\_ the dinning rm \_\_\_ outing

\_\_\_group \_\_\_ living room \_\_\_w/ staff

\_\_\_bedroom \_\_\_family session

\_\_\_individual session \_\_\_outside

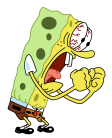
\_\_\_the kitchen \_\_\_the bath rm \_\_\_other

Today, I feel \_\_\_\_ Glad

\_\_\_\_Mad \_\_\_\_ Sad

If you can get mad, you can get GLAD!





What

Happened?

* Someone teased me
* Someone stood up for me
* Someone did something I didn’t like
* Someone was nice to me
* Someone made me do something
* Someone took my stuff
* I did a good thing
* I did not do right
* Someone started a fight with me
* I ended a fight with someone
* Someone hurt my feelings
* Someone made me feel good
* It was just about the worst day in my life
* I had an AWESOME day

Who was that person, a…

* friend
* staff
* teacher
* volunteer
* family member
* enemy
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Someone

***What did you do***

***talked it out ran away laughed***

***ignored it told a friend cried***

***Used anger control yelled***

***hit someone or something***

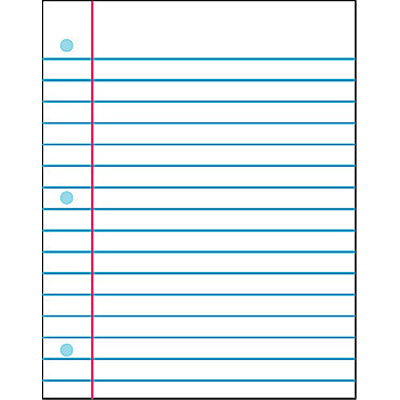
***told an adult walked away***

**WOW !**

Right now it is

\_\_\_\_ Morning \_\_\_\_ Afternoon

\_\_\_\_ Evening/Night



Is there anymore to tell

**Thank You!**

You are smart enough brave enough,

and strong enough

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Rev: 1/16 F-PR 1325