

EMOTIONS HOMEWORK

NAME: _____

DATE: _____

CLASS _____

MENTALLY
★ WELL
SCHOOLS



SMALL AND BIG EMOTIONS

INSTRUCTIONS: Each day, write an emotion (feeling) you feel, and if it is a small or BIG emotion.

DAY

EMOTION I FELT
Example: sad, happy, angry

small / BIG

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

SMALL EMOTIONS /
FEELINGS

They can sometimes feel strong but they pass before too long. They don't stop us doing what we want to in our lives.

BIG EMOTIONS /
FEELINGS

They feel strong and like they are too much for a long time. They stop us from doing what we want to in our lives.