

RIGHT IN THE FEELS!



Name: _____

Date: _____

Circle 1 of the top 10 positive emotions and answer the following questions.

(You could write or draw your answers).

Top 10

joy, gratitude, serenity, interest, hope, pride, amusement, inspiration, awe, love

When was the last time I felt this feeling?

Where was I?

What was I doing?

What else gives me that feeling?

What can I do to in order to enjoy this feeling?

