

# 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?

