mooki WELLBEING

10-minute activity

How Do I Feel?

Circle the feeling that fits right now.

Name _____ Date _____

1 Right now I feel Circle one

Happy	Calm	Excited
Worried	Scared	Sad
Cross	Unsure	Tired

2 How big is it? Circle one



Small Medium Big

3 Talk about it

I feel this way because...

Something that would help is...

FOR THE GROWN-UP

Pick a calm moment, like snack time. Name the feeling together: "You're feeling worried. That makes sense." Then just listen.

© 2026 Mooki Wellbeing · mookiwellbeing.com