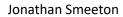
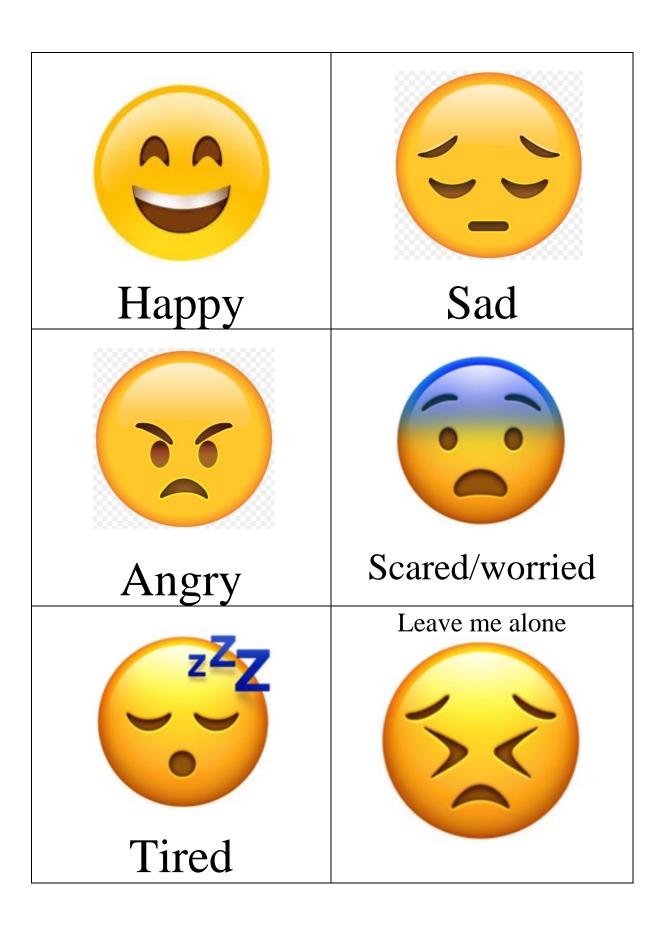
Day	School	Home	Comments
Monday	3611001	Home	Couldn't find my bag –
Wonday	76		really cross Wanted gaming time to take my mind off it but dad said homework first.
Tuesday	worry, scared,	proud	Worried about my line in class assembly. Proud I did it Really clear delivery in assembly – well done
Wednesday	Excited Proud		None school uniform – got to wear my Arsenal shirt Great attitude all day – well done
Thursday	Нарру	scared	Watched 'Five night's at Freddy's' as everyone else is. Couldn't sleep. PE today – my fav
Friday	Embarrassed, tired	Embarrassed	Really tired at school cross I was told off in front of everyone for day dreaming This helped me understand - thanks
	Morning	Evening	
Saturday	ZZZ		Little brother knocked the laptop and I lost my game – got told off for hitting him Well done for saying sorry
Sunday			Scored a goal for my team this morning Worried about the maths test tomorrow









HAPPY EMOTIONS

Curious Proud

Confident Respected

Courageous Peaceful

Loving Optimistic

Inspired Playful

Brave Thankful

Joy

UPSET EMOTIONS

Pressured Depressed

Scared Lonely

Defensive Abandoned

Worried Unimportant

Worthless Hopeless

Stupid Guilty

Disrespected Ashamed

Excluded Disappointed

Threatened Embarrassed

Nervous Ugly

Misunderstood Small

Angry Bored

Let down Stressed

Humilated Tired

Betrayed Overwhelmed

Jealous Surprised
Frustrated Confused
Annoyed Bullied

Disgust Down
Contempt Unloved



