
















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



Happy



Sad



Angry



Scared/worried



Tired

Leave me alone



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
Humiliated	Tired
Betrayed	Overwhelmed
Jealous	Surprised
Frustrated	Confused
Annoyed	Bullied
Disgust	Down
Contempt	Unloved