

Emotion Profile

How Happy Are You?



Date:

Pre/Post

Name: Age:dob:

School:

											
	1	2	3	4	5	6	7	8	9	10	
Sad											Happy
I want to cry											I want to Laugh
Nervous Worried											Calm Cool
Frightened											Confident
Have no friends											Have friends
Lonely											Popular
Angry											Peaceful
Ugly											Good looking
Stupid											Clever
Tired											Full of energy
											Total

Colour in the squares.

Emotion Profile

Draw a picture of a house, a tree and a person.

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