



Feelings Pie Chart

Description

A "Feelings Pie Chart" can help us to reflect on the emotions we felt during our day and to measure how much emotion we had due to certain events.

To start, think reflect on the day you've had.

Instructions:

1. Identify at least 5 emotions you felt throughout the day
2. Measure how much of each emotion you had by putting that emotion into a slice of the pie. If it was a high intensity emotion or if you felt that way for a long time, it will be a bigger slice on the pie, if it was a less intense emotion, it will be a smaller piece
3. Try to connect the emotions with events or circumstances

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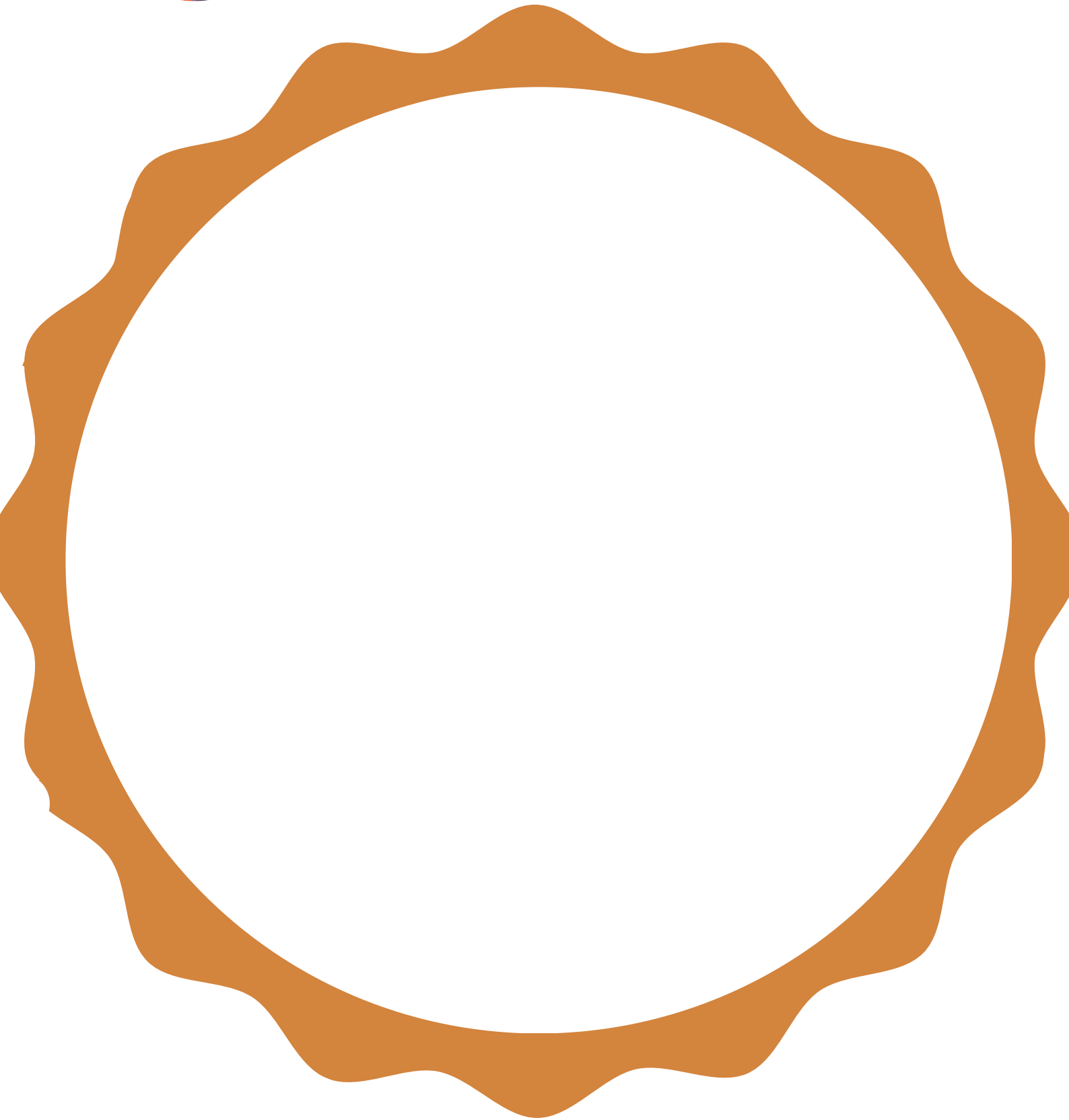


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What Emotions Have You felt Today?



1

Identify at least 5 emotions you felt throughout the day

2

Measure how much of each emotion you had by putting that emotion into a slice of the pie

3

Write down the names of the emotions and the events that connected to the emotion

