



Name: \_\_\_\_\_

## MY EMOTIONS DIARY

**Directions:** For each day, select an emotion you felt, and explain the most excellent way to show it: a way that respects the human dignity of everyone involved.

**love joy sadness hope anger envy**

DAY	AN EMOTION I FELT TODAY	AN EXCELLENT WAY TO SHOW IT
1		
2		
3		
4		
5		
6		
7		