

EMPATHY

Emotional Reflection Journal

Student worksheet

Name: _____

Class: _____

Date: _____

Activity 1: How am I feeling today?

Color or circle the emotion that best describes you at this moment:

Happy	Sad	Angry	Scared	Neutral
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Why do you feel this way? Write a few words:

Activity 2: Today's scenario

After reading/watching the script, answer the following questions:

What happened in the scenario?

How do you think the main character felt?

What would you have done differently?

Activity 3: What did we learn today?

Complete the sentences:

Today I learned that

I felt surprised when

I want to try to

One thing I will do differently tomorrow is

Activity 4: My message to my colleagues

Write a message of encouragement for a classmate:

Dear _____,

Sincerely, _____