

# Today I feel...

Pick three emotions to complete the table below. Try to list ways to boost your mood that don't involve a screen!

Emotion	Why did you feel this way?	List one way you could boost your mood.
Example: <i>Excited</i>	<i>My family got a fun, new game to play!</i>	<i>Play the game with my family and friends.</i>
1.		
2.		
3.		

