



Create your own Emotions Tracker

You might find it helpful to use this alongside our emotion thermometer.

This sheet is to help you keep track of how you feel on every day for a month or a week. You might need a trusted adult to help you to get it ready to use.

1. Write your name at the top of the page
2. In 'what was happening, note, school or college holidays, your birthday, a day when you went out somewhere special
3. Start on whatever date it is and decide how you felt for most of the day using the table at the top. Were you calm? Did you feel something was starting to happen? Did you feel bubbly or fizzy or did you blast-off?
4. Colour in the one box the colour for how you felt.
5. Do this every day and build up a chart to show how you felt.
6. Can you see any patterns?
7. Yours might look like this:

Day	What colour	What was happening?	What helped?
1	Blue	Shopping	Headphones
2	Red	End of holiday	Calm space
3	Yellow	School	Sensory breaks
4	Green	Weekend	Playground



From the Me and My FASD toolkit: www.fasd.me

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Month Tracker

Name:

Month:

Calm	Something's happening	Bubbly	Fizzy	Blast-off

Day	What colour	What was happening?	What helped?
1			
2			
3			
4			
5			
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31			



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Week Tracker

Name:

Dates:

Calm	Something's happening	Bubbly	Fizzy	Blast-off

Day	What colour	Draw your emoji	What was happening?	What helped?
Mon				
Tues				
Wed				
Thurs				
Fri				
Sat				
Sun				



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