

EMOTION MAPS

Tick the boxes next to the suggestions if they're right for you and/or write your own.

When I'm
feeling
EXCITED

Bouncy and full of energy

☐ Can't think or
concentrate

☐ Smiling and
laughing

☐ Extra chatty and
louder than usual

☐ Faster breathing

☐ Heart
thumping

☐ Butterflies
in my tummy

☐ Can't
keep
still

