

Write the emotion each event would make you feel. Then draw a line on the dial to show how strongly you would feel that emotion. Come up with your own events, too.

Name:

Your best friend moves away.	Your ice cream cone falls in the mud.	You read a spooky ghost story.
A friend takes your toy without asking and breaks it.	You are about to sing in front of the whole school.	Your dog is lost and hasn't come home.