

RØRIS

Write

I feel

I feel

I feel

I feel

I feel

I feel

I feel

I feel

I feel

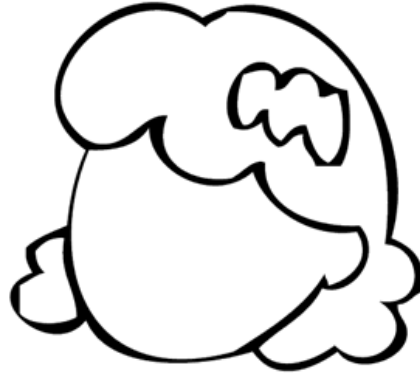
Emotions

My name is _____

Draw the faces



I'm happy



I'm sad



I'm sleepy



I'm afraid



I'm angry



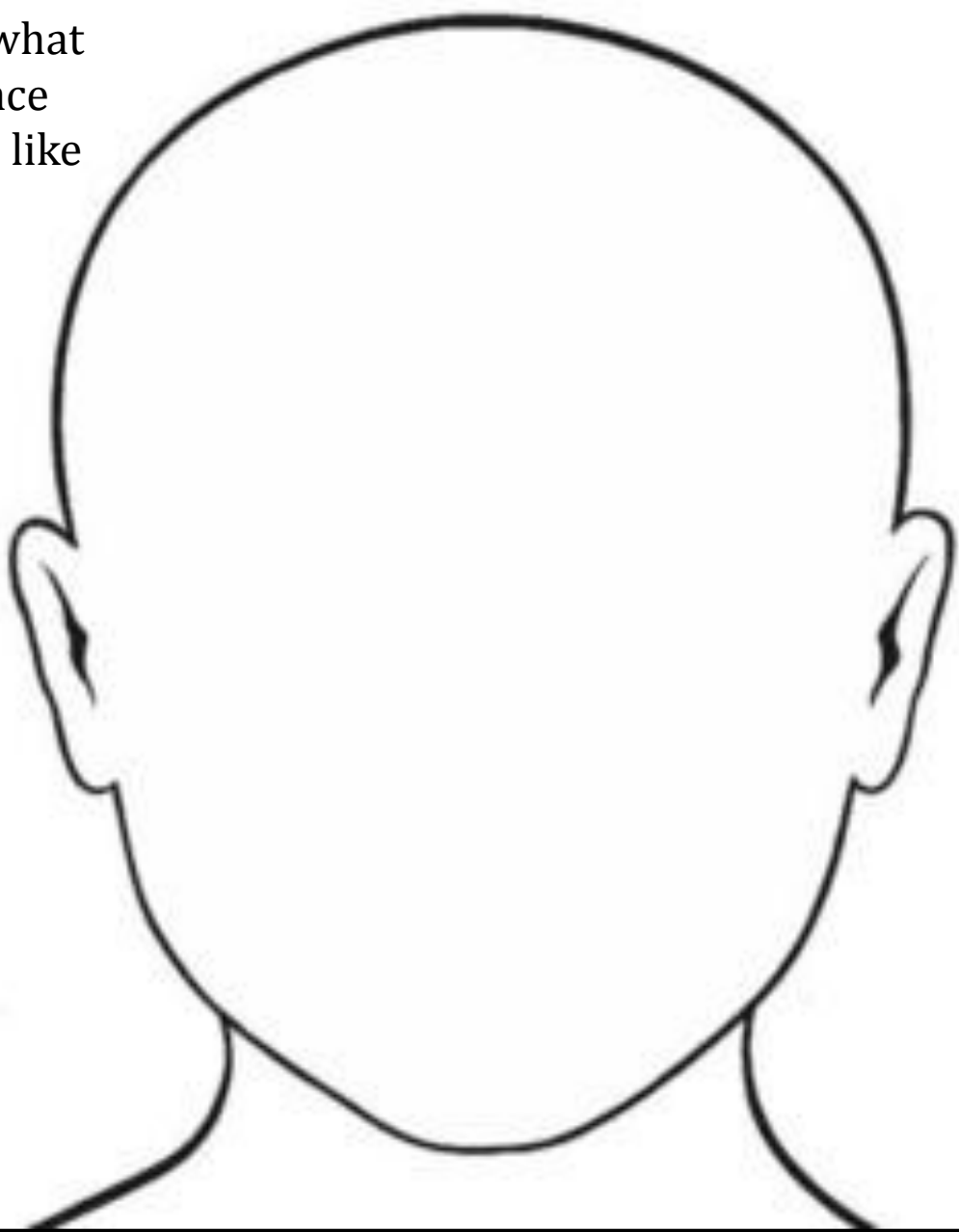
I'm hot

Name: _____

When I felt _____

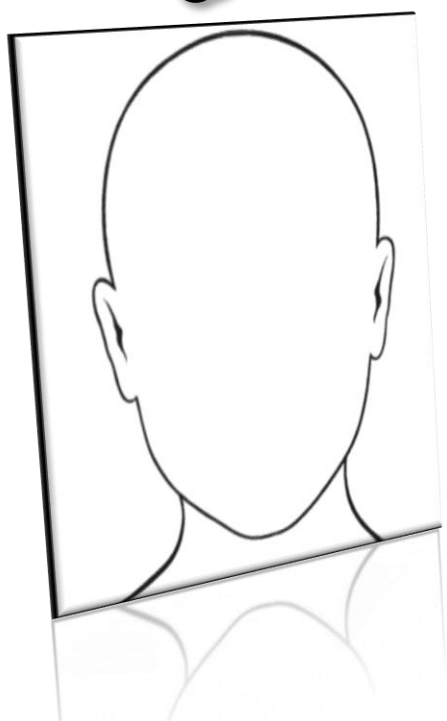
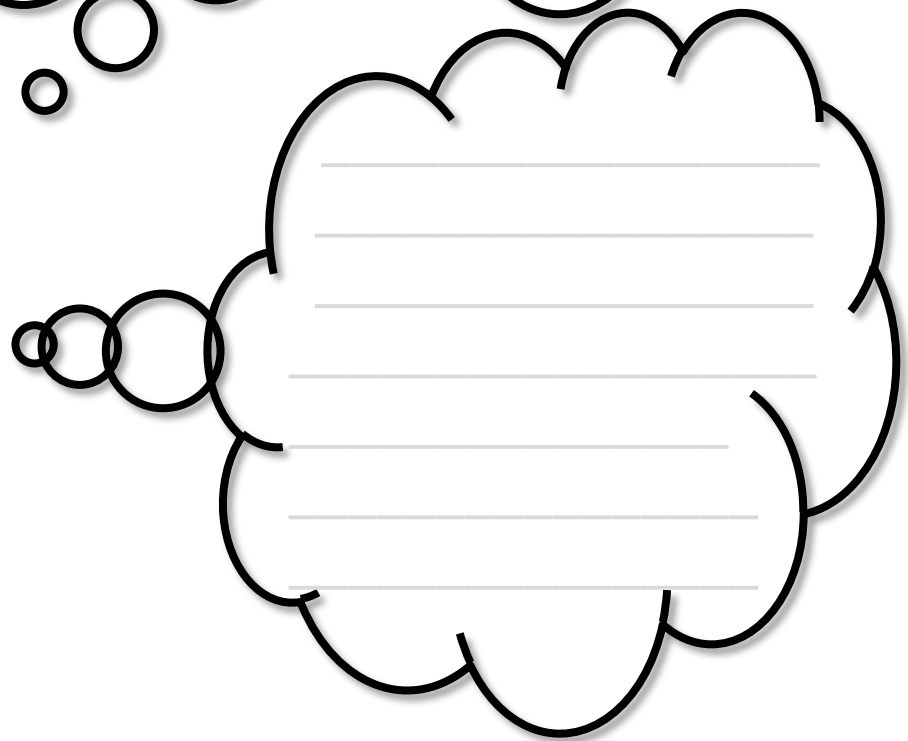
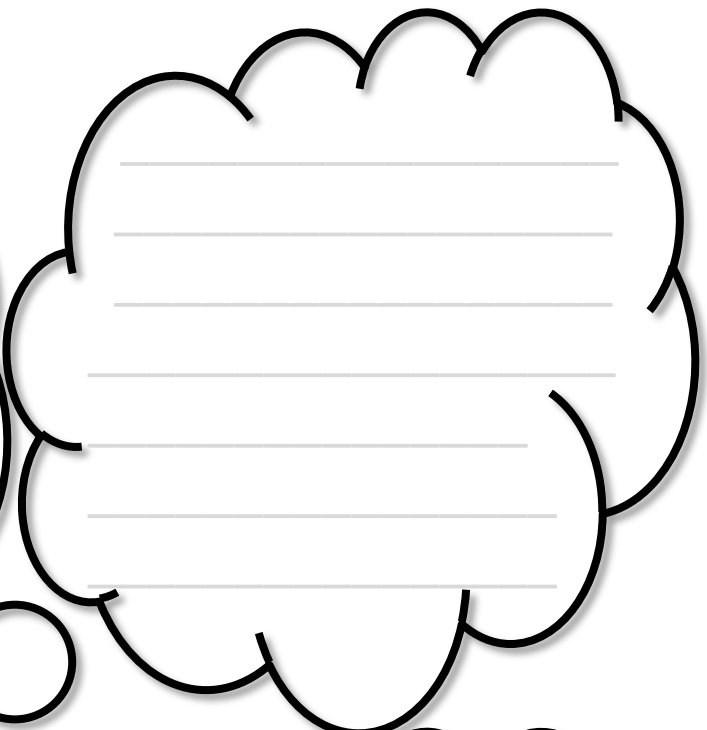
1. I felt _____ when _____

Draw what
your face
looked like



Name: _____

2. When I felt _____, these thoughts raced through my head:

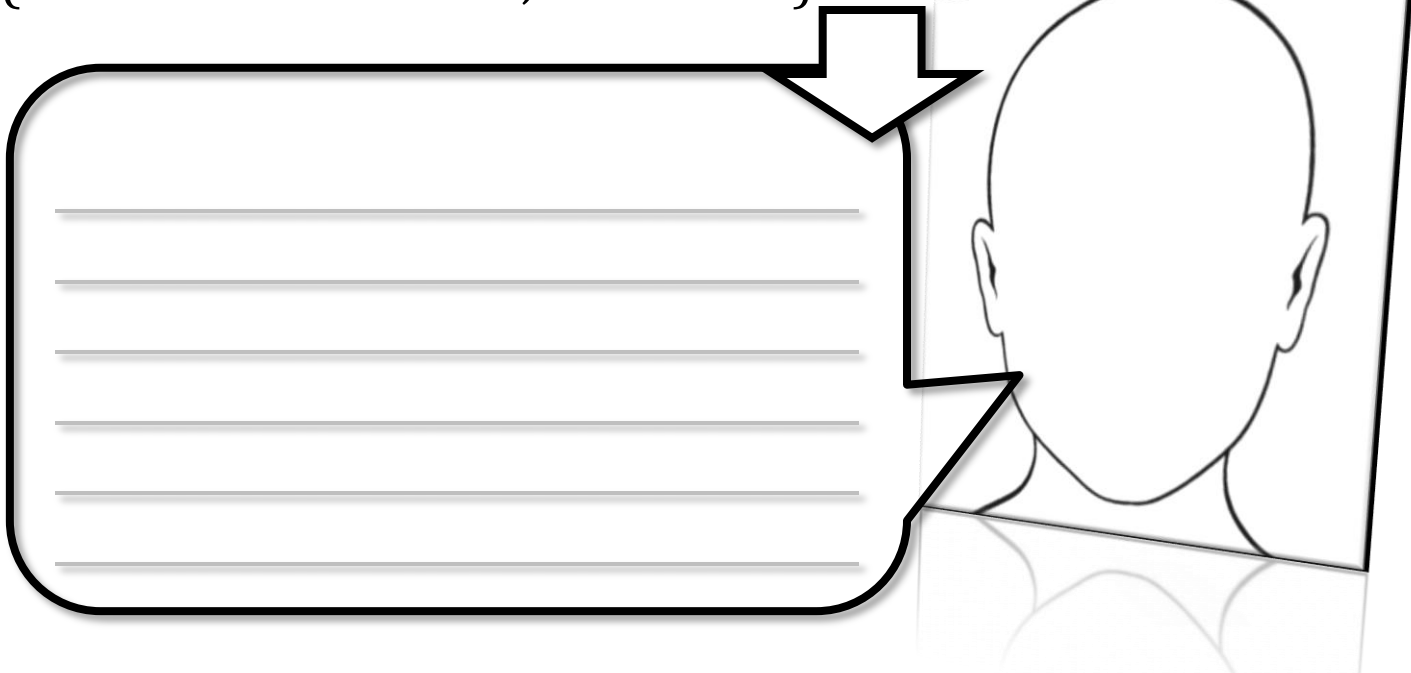


Name: _____

3. When I felt _____, I *DID* these things:



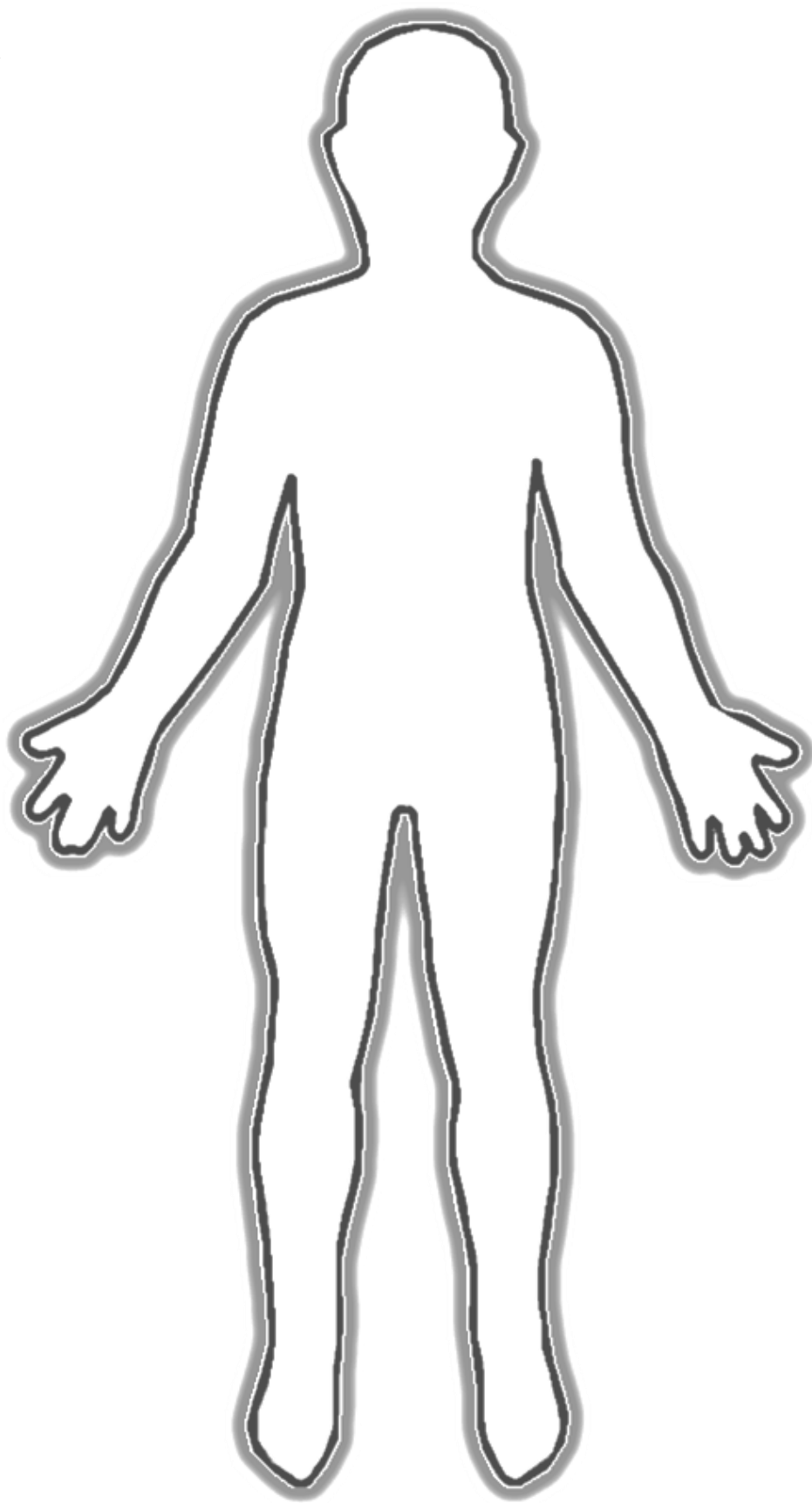
4. While I felt _____ here is what I SAID.
(Did it make it worse, or better?)



Name: _____

5. People can get upset in their bodies.

Put an **X** on the places that felt bad or different when you were upset.



Name: _____

How to deal with it when I feel

6. To fight the upsetting thoughts, I could have tried these thoughts instead:

The worksheet contains three large thought bubbles, each with five horizontal lines for writing. The bubbles are connected to a simple line drawing of a person's head and shoulders on the left side of the page. The drawing is intended for the user to draw themselves in.

Name: _____

7. When I felt _____, here are some better things I could have SAID:

To get help:

To let someone know how I feel:

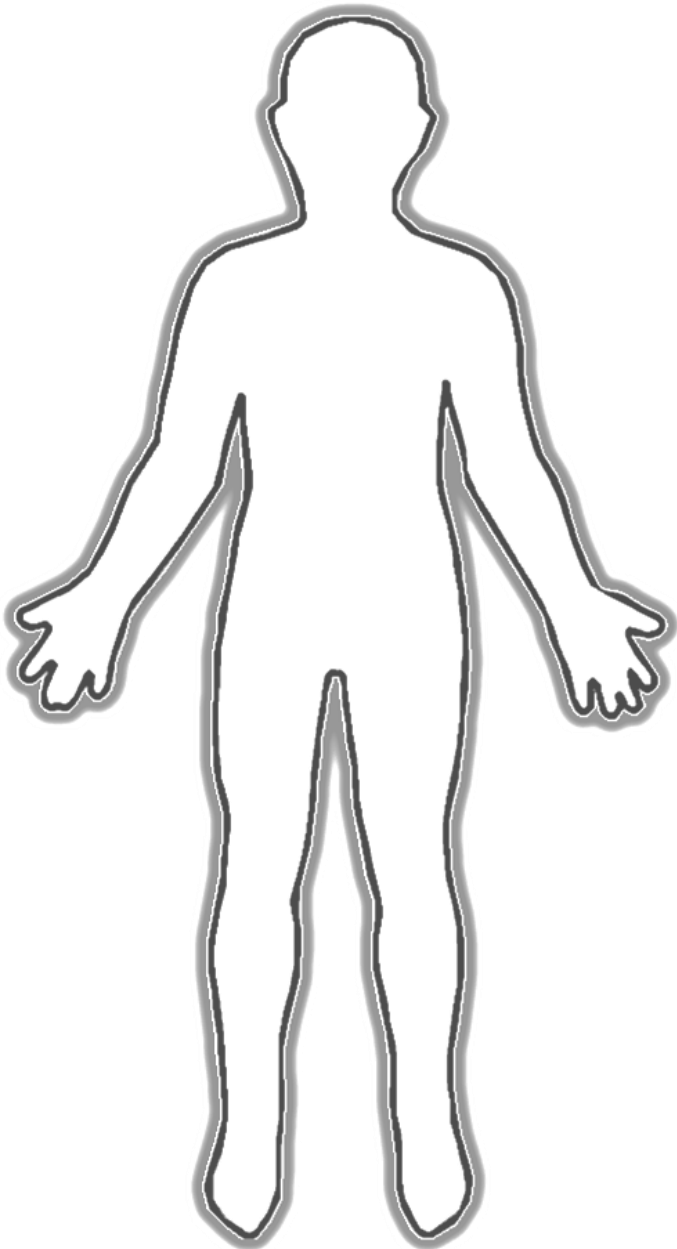
8. Something better I could have *DONE* when I was upset:



Name: _____

9. Sometimes people can calm down their bodies when they are upset.

Think about the time you were upset. What things could you have done to calm down your body?



My Feelings

You will be writing poems about your feelings. Use this worksheet as a guide to gather ideas for your poems. List as many things as you can under each heading.

Things that make me sad.

Things that make me happy.

Things that make me feel lonely.

Things that make me angry.

Things that make me afraid.

Things that make me feel silly.

My Feelings

A collection of poems by