

# Upset Report

*Sad*

*Hurt*

*Hot*

*Pounding*

*Lonely*

*Tight*

*Confused*

*Sick*

*Fluttery*

*Dizzy*

*Embarrassed*



The thought I had:

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How I reacted:

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Words I could have used:

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How I help myself feel better:

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How I repaired my relationship:

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# Upset Rep

Use the body to have your kid identify what they felt & where during their upset.



The thought I had:

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How I reacted:

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Words I could have used:

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How I help myself feel better:

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How I repaired my relationship:

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