

Hi boys and girls,


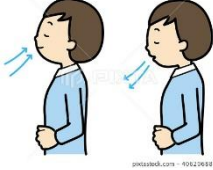



Below are worksheets for you to use to identify your feelings.

I have attached a simple 5 step technique to use when you feel frustrated. Other worksheets include activities that help you identify as well as give examples for how you feel.

During this time off from school it can be very difficult to concentrate on your schoolwork. Using these worksheets will help you with your feelings.

When you are feeling frustrated or angry please use the following chart in order:

- Stop what you are doing
 - Take 5 deep breaths
 - Count to 10
- Think about what you can do to feel better
 - Act out what will make you feel better

STOP	
BREATH	
COUNT	
THINK	
ACT	

How I Feel

I feel: _____

Happy	Mad	Sad	Glad
Worried	Excited	Bored	Scared
Annoyed	Upset	Sick	Nervous

I feel this way because:



This is what I did about it:


















Something else I could have done is:



Ask for help	Take deep breaths	Walk away
Do something else	Tell an adult	Talk to a friend

How do you Feel Today?

 Happy	 Surprised	 Confident
 Sad	 Embarrassed	 Bored
 Angry	 Lonely	 Frightened
 Suspicious	 Hopeful	 Guilty
 Exhausted	 Confused	 Depressed

Don't forget:

To form a sentence you should say:

I → am happy.

She }
He } is happy.
It }

They }
We } are happy.
you }

Now, tell me about yourself.

How do you feel today?

.....
.....
.....
.....



How do you feel?

... when you think about problems that have happened or than might happen?

... when you have to wait in a long queue to check in at the airport?

... when you are unhappy because someone has something that you would like or can do something that you would like to do?

... when you don't feel like working or being active?

... when you cause some trouble or hurt someone and you regret and want to apologize?

... when you believe something will happen the way you want it to?

Keep smiling

... when you want to thank someone because they have given you something or have done something for you?

... when you think only about yourself and don't care about other people?

... when you are pleased and satisfied about something that you own or have done?

... when you lie comfortably in the sun, have a rest and do something enjoyable?

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