

Name: _____

Date: _____

Feelings and Worries

Color the faces and tell me about a time you had these feelings!



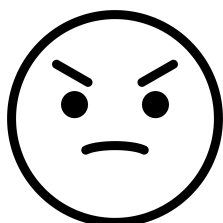
I feel happy when

_____.



I feel sad when

_____.



I feel angry when

_____.



I feel scared when

_____.

Draw a time you felt worried!

Worries Toolbox

Take a break

Talk to someone

Listen to music

Go for a walk

Take deep breaths

Using your Worries Toolbox, tell me what strategy you will use next time you feel worried.

Next time I feel worried, I will _____.