

# I Feel...

## Worksheets



Focusing on understanding hard emotions in a safe, positive way



Name:

# Different

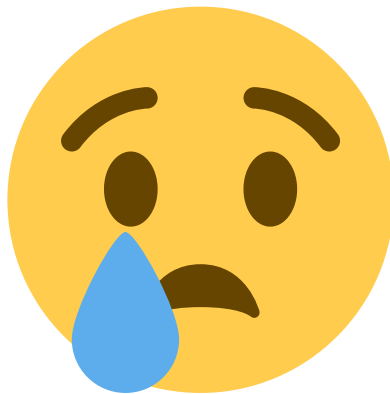
## EMOTIONS

Angry



Feeling annoyed or displeased

Sad



Feeling of loss or unhappiness

Anxious



Feeling of worry

Scared



Feeling of fear or uneasiness

# I'm Feeling...

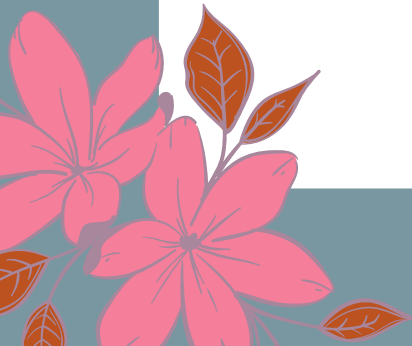
How do you feel today?

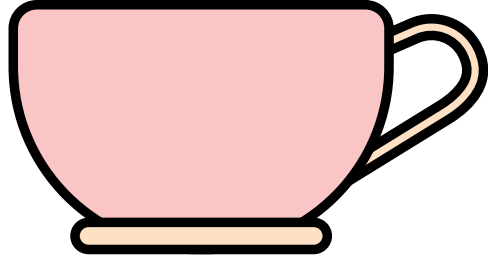
Because...

Sad

Angry

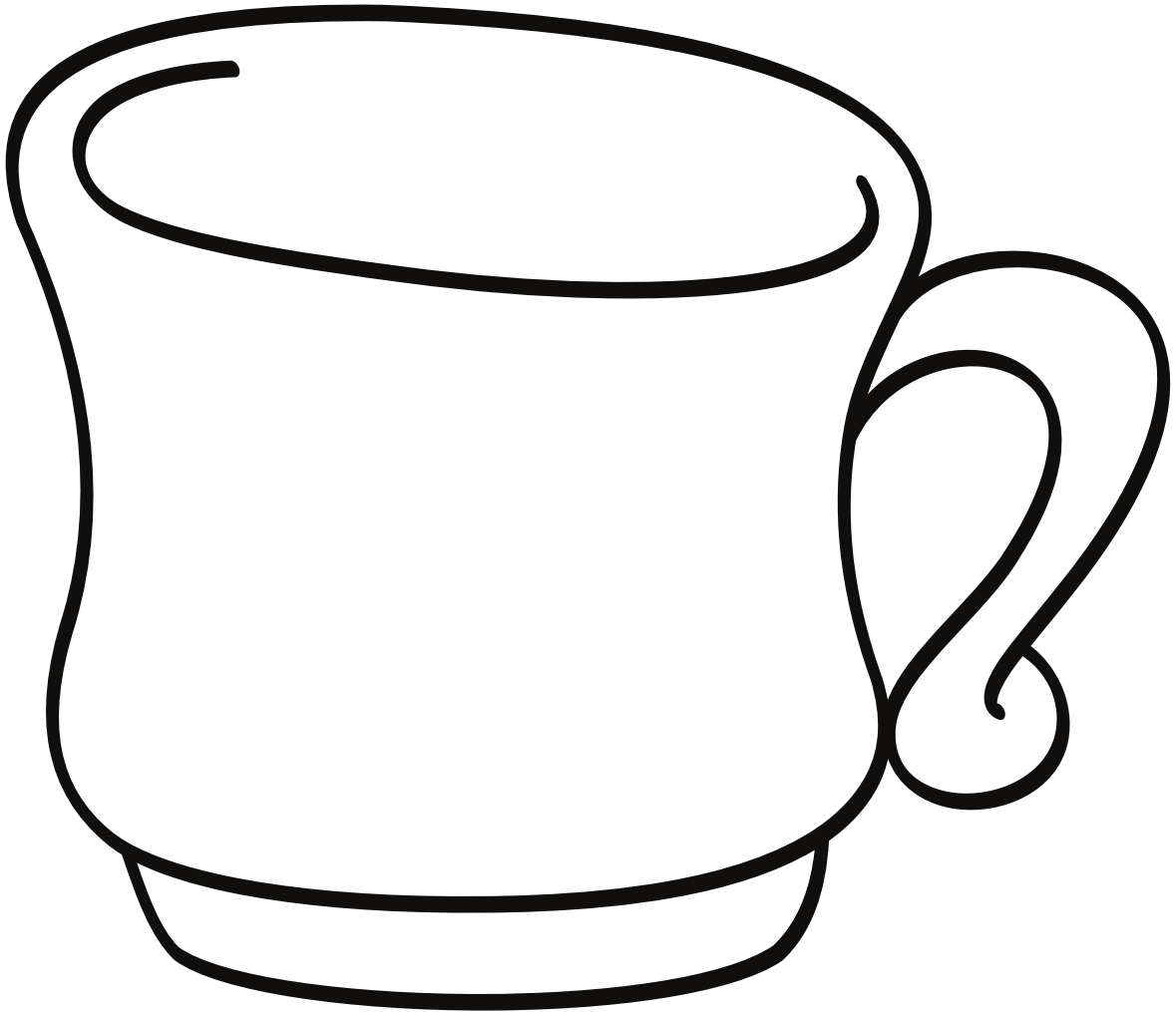
I'm not  
sure





# Fill In

YOUR EMOTIONS



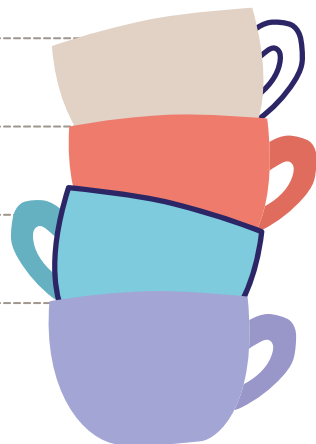
Fill the Cup with your Feelings

**DRAW**

**COLOR**

What's on your mind?

**PUT IT IN THE CUP**





I'm feeling

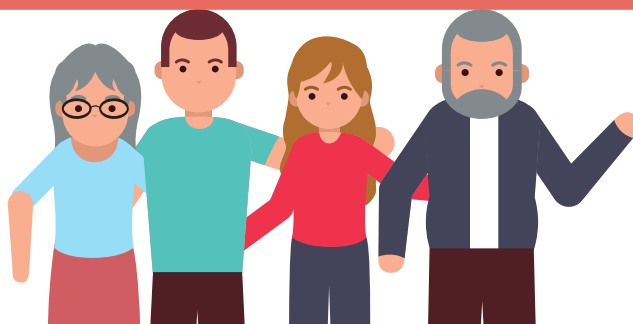
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Is that  
okay?

## **YES! IT'S OKAY**

Everyone goes through these feelings.  
You're not alone!

Draw people with different emotions



# How to Accept

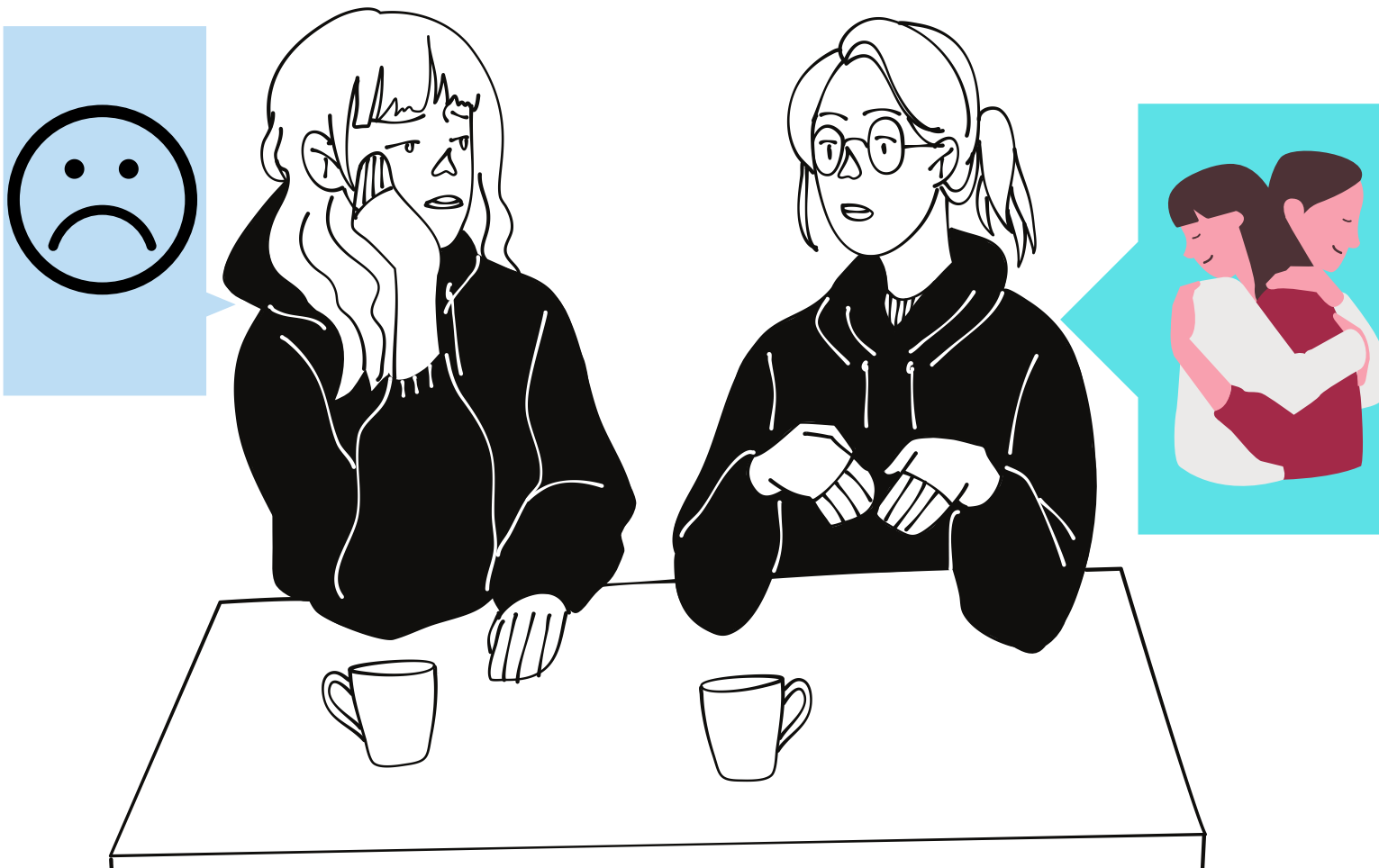
## BIG EMOTIONS

Don't be afraid of these new feelings

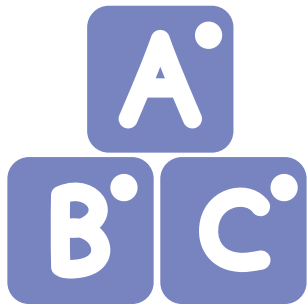
Talk about your feelings with someone you trust

Practice taking a deep breathe to calm down

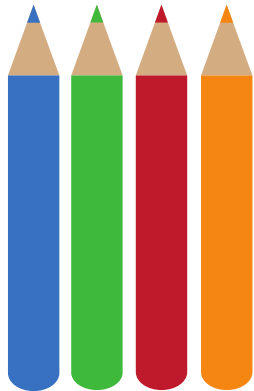
Color in the People talking about Emotions



# Two Ways to Express Myself



Learn New Words  
for different  
Emotions



Paint!  
Draw!  
Color!



What's your favorite way to express yourself?



# COLOR THE EMOTIONS

