

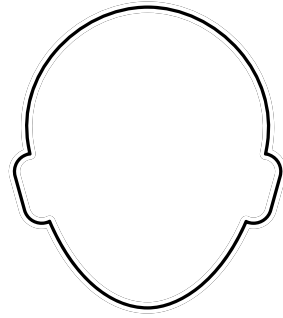
Feelings Worksheet for Kids

My name is: _____

Today is: _____

Today I felt: _____

I felt like this because:

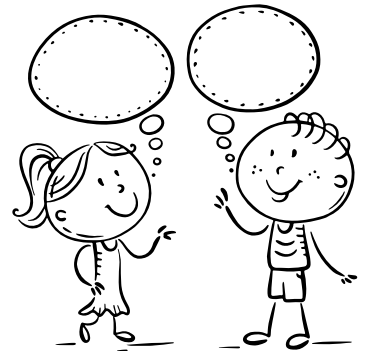


If you like,
Draw what
your face
looked like

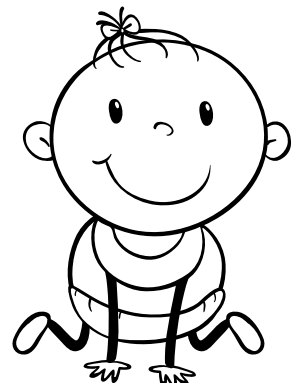
Here's what I THOUGHT when I felt like this:



Here's what I SAID when I felt like this:



Here's what I DID when I felt like this:



Next time, here are some other thoughts I can try to THINK:

Next time, here are some other things I can SAY:

Next time, here are some other things I can DO:

Next time, adults can help me by:

