

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# feelings worksheet 2

Think about a time you felt upset. What things helped?

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Guess the feeling

I want what they have. I'm feeling je \_ l \_ \_ s.

I feel bad about something I did wrong. I'm feeling gu \_ \_ t \_ .

I'm going to stand up for my friend! I'm feeling br \_ v \_ .

I care about this person so much. I'm feeling lo \_ \_ .

I just want to sleep. I'm feeling ti \_ \_ \_ .



Clues I'm feeling worried..

**My thoughts  
are:**

*what if something bad happens?*

**Did you know?**  
Worry is a way your  
brain tries to solve  
problems.

**Things I do:**

*can't sleep*



**Things I notice in my body:**

*racing heart*



Clues I'm feeling bored

**Did you know?**  
Boredom helps you get creative!

**My thoughts are:**  
*there's nothing to do*  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



**Things I do:**  
*day dreaming*  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Things I notice in my body:**  
*slouching*  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Clues I'm feeling embarrassed...

**My thoughts are:**  
*I can't believe I did that*  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

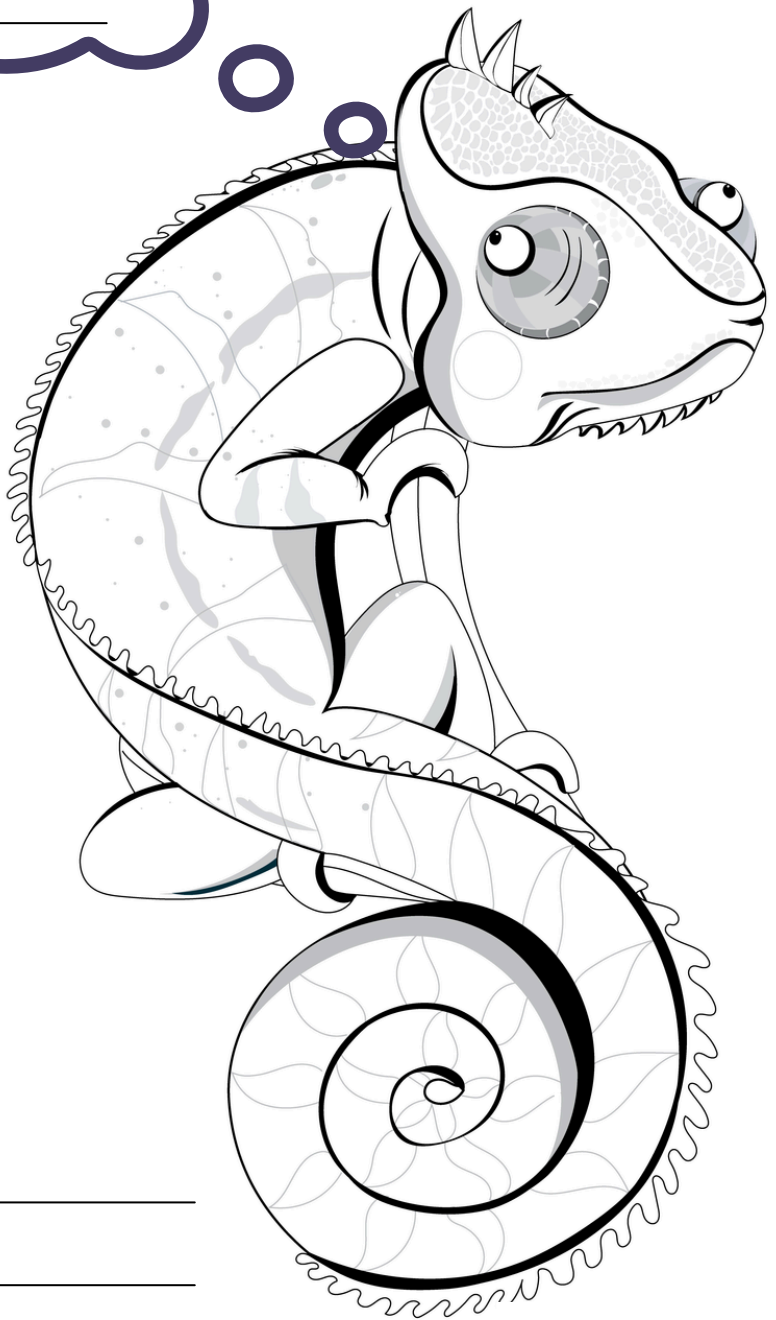
**Did you know?**  
Everyone makes mistakes or 'looks silly' sometimes.

**Things I do:**

*run away*  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Things I notice in my body:**

*pink cheeks*  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Clues I'm feeling surprised...

**Did you know?**  
Surprises can be good or bad!

**My thoughts are:**  
*wow, I didn't expect that!*  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



**Things I do:**

*ask questions*  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Things I notice in my body:**

*startled*  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Clues I'm feeling silly...

**My thoughts are:**  
*look at me! Hehehehe!*  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Did you know?**  
Silly can be fun, but sometimes you need to be serious!

**Things I do:**

*distract others*  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



**Things I notice in my body:**

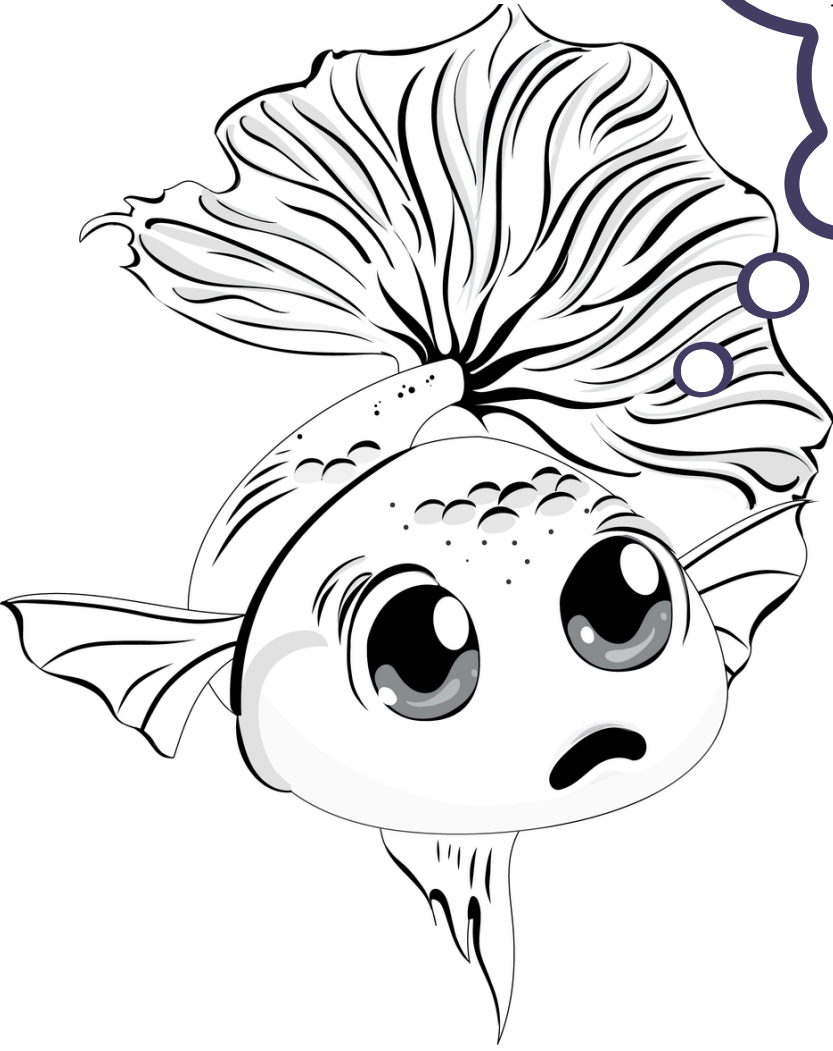
*can't sit still*  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Clues I'm feeling lonely

**Did you know?**  
Loneliness feels like sadness in your body.

**My thoughts are:**  
*I'm being leftout!*  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



**Things I do:**  
*sit by myself at lunch*  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

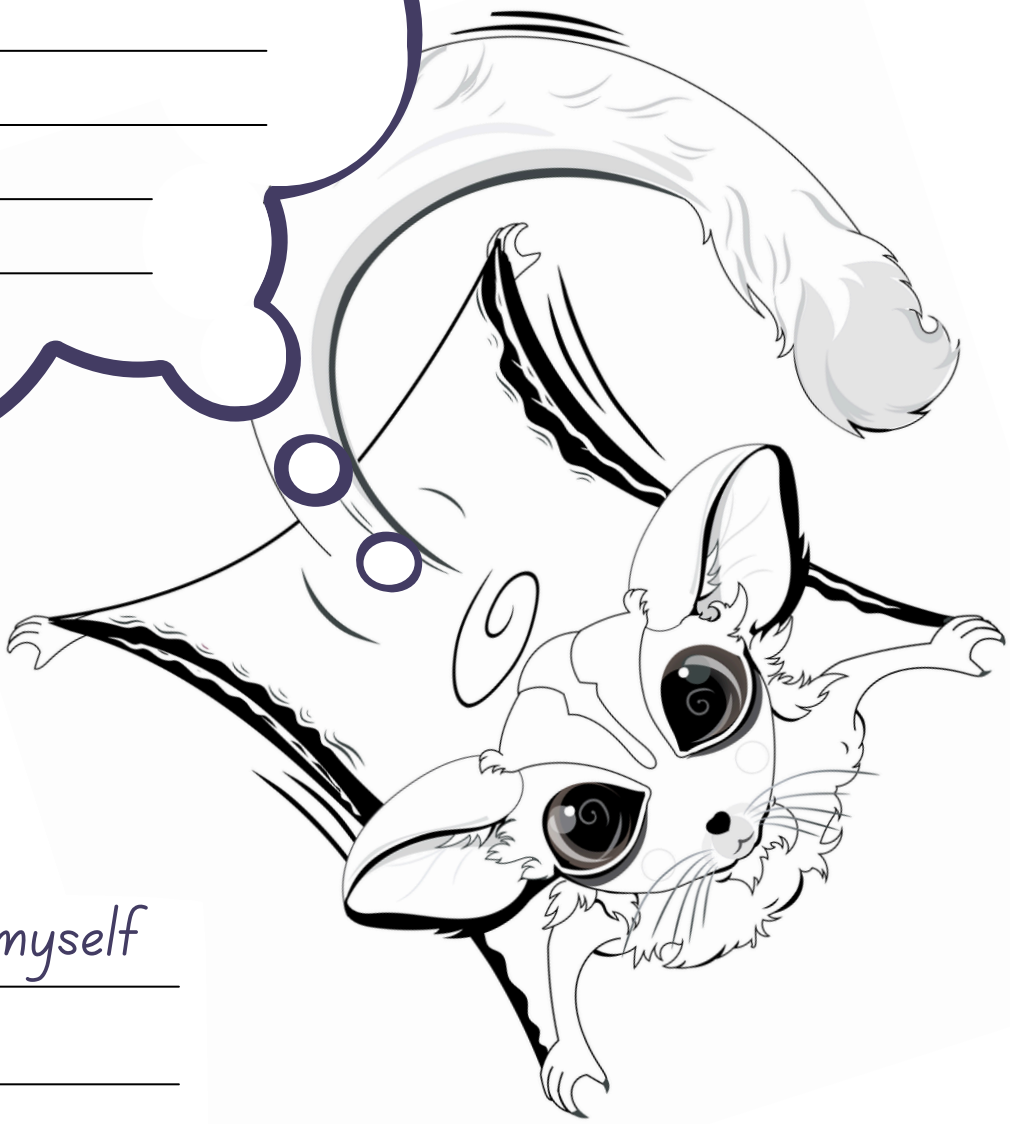
**Things I notice in my body:**  
*get very quiet*  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Clues I'm feeling confused...

**My thoughts are:**  
*I'm scared to ask for help*  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Did you know?**  
It's ok to be curious and ask questions!

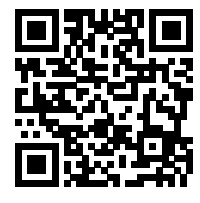


**Things I do:**

*try to figure it out myself*  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Things I notice in my body:**

*darting eyes*  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_





Clues I'm feeling focused...

**Did you know?**  
Being 'in the zone'  
changes your brain!

**My thoughts are:**

*shhh, don't distract me!*

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**Things I do:**

*ask for more time*

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**Things I notice in my body:**

*ignore my body needs (e.g. ignore that I'm thirsty)*

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Draw your own mood critter

(for any feeling you want to draw)!

