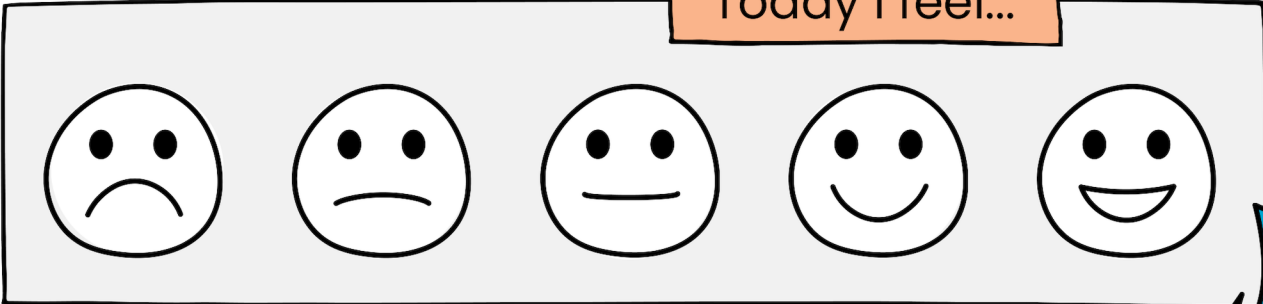


Name: _____ Date: _____

feelings worksheet

Today I feel...



Draw your feelings

Because...

People I can talk to about my feelings...





Match the feelings with the animal



happy



sad



angry



scared



embarrassed



bored



silly



Clues I'm feeling angry...

My thoughts are:
that's not fair!

Did you know?
Anger helps you defend yourself.

Things I do:

argue



Things I notice in my body:

clenching my teeth





When I feel angry, these things help:

Feelings find-a-word

H	A	P	P	Y	P	L	D	N	C
K	A	S	C	B	O	R	E	D	O
D	A	N	O	K	S	G	W	B	L
A	L	N	G	B	O	J	B	B	O
J	O	E	G	R	C	V	E	N	S
F	N	D	H	R	Y	L	N	G	I
O	E	S	C	A	R	E	D	R	L
S	L	F	T	J	L	Y	G	H	L
A	Y	H	Z	A	B	E	B	B	Y
D	B	X	W	O	R	R	I	E	D

Words:

- happy
- sad
- angry
- scared
- silly
- bored
- worried
- lonely



Clues I'm feeling scared

Did you know?
Fear helps you stay safe.

My thoughts are:
something bad might happen



Things I do:
can't sleep

Things I notice in my body:
headache



Read the story

My name is Max and I'm eleven. I was sad and lonely at school - I had no friends to play with. I called Kids Helpline on the phone to talk about my feelings. At first, I was a bit scared to call and talk - but they were really nice! They helped me find ways to feel a bit better. They said I could call at any time (they're open all day and all night), and talk about anything. It's free and private and they're safe to talk to.

Fill in the gaps

Max was feeling _____ and _____.

Talking to Kids Helpline is fr ___, priv _t_ and s_f_.

True or false? Circle the right answer.

True

False

Kids Helpline is open all the time.



You can talk to Kids Helpline about **anything** you want.



Clues I'm feeling sad...

My thoughts are:
I miss them so much!

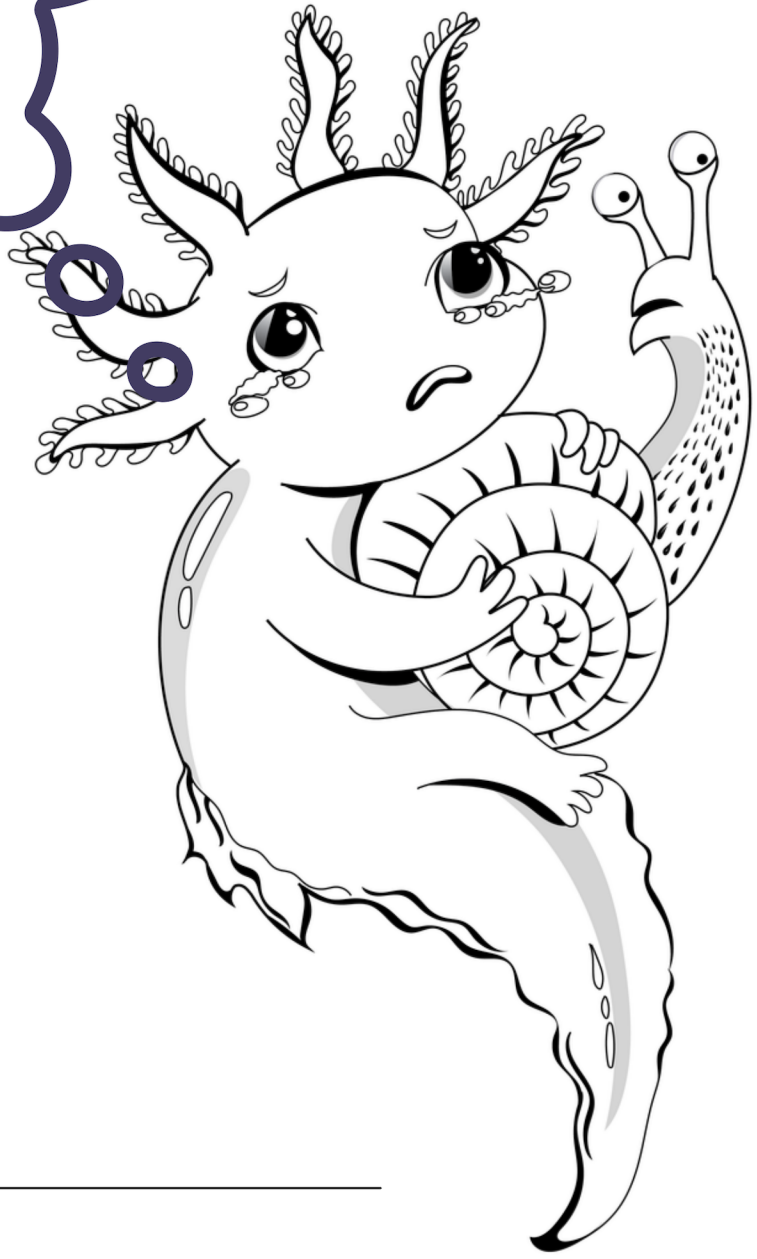
Did you know?
Sad helps you heal.

Things I do:

snuggling

Things I notice in my body:

tears/crying



Clues I'm feeling happy...

**My thoughts
are:**

I'm looking forward to this!



Things I do:

dance

Things I notice in my body:

smiling



Draw something that makes you feel happy

