

# How I Feel

I feel: \_\_\_\_\_

|         |         |       |         |
|---------|---------|-------|---------|
| Happy   | Mad     | Sad   | Glad    |
| Worried | Excited | Bored | Scared  |
| Annoyed | Upset   | Sick  | Nervous |

I feel this way because:

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This is what I did about it:

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Something else I could have done is:

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|-------------------|-------------------|------------------|
| Ask for help      | Take deep breaths | Walk away        |
| Do something else | Tell an adult     | Talk to a friend |