FEELINGS WORKSHEET

# How do I feel?

Name _____

Point to the face that matches how you feel right now, then check the box.



happy ☐



sad ☐



mad ☐



worried ☐



tired ☐

## 1 Say it or write it

**I feel** _____

**because** _____

_____

## 2 What would help?



a hug



a break



help



calm body



a drink



quiet

**Tip:** do a check-in at the same time every day, when things are calm. Share your own feeling first: "I feel tired because I woke up early."



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