


Name _____ Date _____

COPING WITH FEELINGS


Use this worksheet to come up with coping skills for the different feelings below!

When I'm feeling  I can _____

Something that makes me feel angry is _____

When I'm feeling  I can _____


Something that makes me feel angry is _____

When I'm feeling  I can _____

Something that makes me feel angry is _____

When I'm feeling  I can _____

Something that makes me feel angry is _____

When I'm feeling  I can _____

Something that makes me feel angry is _____