



My Feelings



I feel _____ because _____

Mad	Sad	Uncomfortable
Angry	Depressed	Grouchy
Aggressive	Crabby	Excited
Upset	Tired	Bouncy
Happy	Sick	Silly
Distracted	Nervous	Worried

This is what I did:

This is how it made the other person feel:

These are things I could have done:

☐	☐
☐	☐
☐	☐

Take a break
Tell a teacher

Deep breaths
Ask for help

Work on the floor
Get Headphones