

My Feelings



l feel	50	because
Mad	Sad	Uncomfortable
Angry	Depressed	Grouchy
Aggressive	Crabby	Excited
Upset	Tired	Bouncy
Нарру	Sick	Silly
Distracted	Nervous	Worried
This is how it ma	do tho other person	
THIS IS HOW IT HIS	ade the other person	i leel.
These are things	I could have done:	
3		
⊐		
Take a break	Deep breaths	Work on the floor

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