



# My Feelings



I feel \_\_\_\_\_ because \_\_\_\_\_

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

This is what I did:

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This is how it made the other person feel:

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These are things I could have done:

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Take a break  
Tell a teacher

Deep breaths  
Ask for help

Work on the floor  
Get Headphones