



# 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:

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

Take a break

Deep breaths

Work on the floor

Tell a teacher

Ask for help

Get Headphones