

Name: _____

Date: _____

EMOTION PROCESSING

Read the situation. Think about how you would feel and what you can do.

Situation: Your friend did not want to play with you today.

1. What emotion do you feel?

- Sad
- Angry
- Confused
- Other: _____

2. Why do you feel this way?

3. What is a healthy way to respond?

4. What can you do to feel better?

- Talk to a friend
- Take deep breaths
- Do something you enjoy
- Other: _____