

# How I Feel

I feel: \_\_\_\_\_

Happy	Mad	Sad	Glad
Worried	Excited	Bored	Scared
Annoyed	Upset	Sick	Nervous

I feel this way because:

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This is what I did about it:

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Something else I could have done is:

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Ask for help	Take deep breaths	Walk away
Do something else	Tell an adult	Talk to a friend