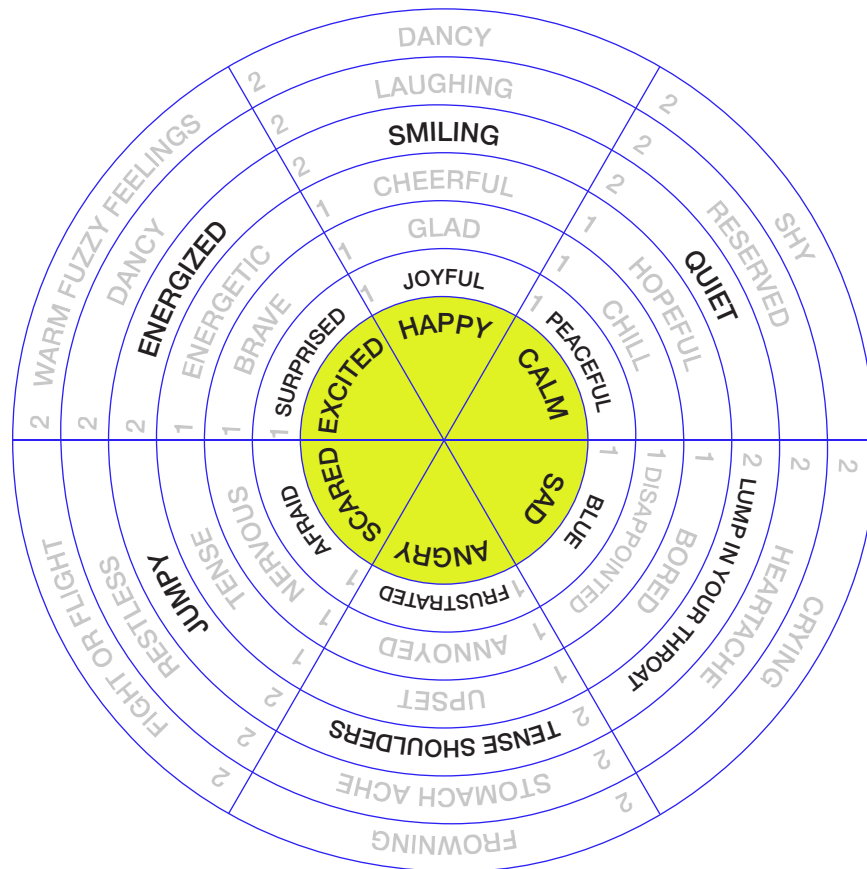


WHAT ARE YOU FEELING? EXAMPLE WORKSHEET

1. Starting with the wheel on your worksheet, at the center of it you will find six different words that are commonly used to describe how we might feel: **happy, sad, angry, calm, excited,** and **scared**. These will be our **core feelings**, and each core feeling has its own section of the wheel. Around the core feelings, you will find a series of rings that expand out that are labeled with a **number 1** or a **number 2**.
2. Using the **Feelings List**, you will start by filling in the rings labeled with a number 1. **You will find two words for each of the core feelings that you think describe or express that feeling.** Each core feeling has an example word to help you get started.
3. Using the **Physical Feelings List**, you will start by filling in the rings labeled with a *number 2*. **You will find two words for each of the core feelings that you think describe a physical sensation for that feeling.** Each core feeling has an example word to help you get started.
4. Using the **What Can I Do? List**, you will fill in the box at the bottom of your worksheet labeled “What Can I Do?”. **You will find three different things to help you process or care for your feelings. Write one thing for each bullet point.** There is an example listed to help you get started.



WHAT CAN I DO?

- Talk to a friend.
- Go for a walk.
- Dance!
- Journal or write about how you're feeling.

FEELINGS LIST

JOYFUL	HOPEFUL	GLUM
CONFIDENT	CHILL	BORED
CHEERFUL	AFRAID	TIRED
GLAD	NERVOUS	BETRAYED
ACCOMPLISHED	HELPLESS	JEALOUS
THANKFUL	WEAK	ANNOYED
CHIPPER	ANTSY	LET DOWN
HURT	TENSE	HUMILIATED
LONELY	JITTERY	FRUSTRATED
FRAGILE	FRIGHTENED	UPSET
GUILTY	STRESSED	GROUCHY
EMBARRASSED	ANXIOUS	GRUMPY
DISAPPOINTED	WORRIED	IRRITATED
ABANDONED	SURPRISED	ENRAGED
EMPTY	NERVOUS	RELAXED
LOW ENERGY	THRILLED	DON'T FEEL STRESSED
BLUE	OPTIMISTIC	FINE
SAD	ENTHUSIASTIC	PEACEFUL
DOWN	BRAVE	CONTENT
GRIEVING	ENERGETIC	

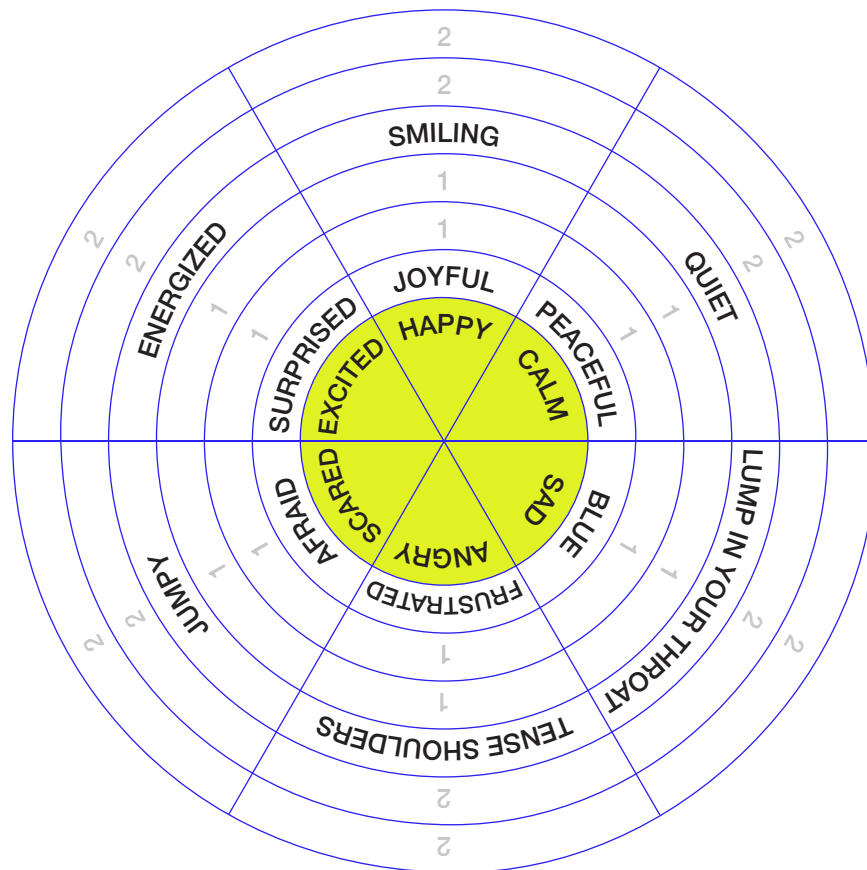
PHYSICAL FEELINGS LIST

SWEATING	HARD TO STAY AWAKE/TIRED	GOOSEBUMPS
CLENCHED JAW		WEAKNESS IN LEGS
CLENCHED FISTS	STOMACH ACHES	STRUGGLING TO TAKE A DEEP BREATH
SHAKY	BUTTERFLIES IN THE STOMACH	DIZZY
SMILING	FACE FEELS HOT OR FLUSHED	TWITCHING EYELIDS
JUMPY	CRYING	RINGING IN EAR(S)
HUNCHED OVER	FIGHT OR FLIGHT	HARD TO FOCUS
SHOULDERS SCRUNCHED UP	ENERGIZED	HEARTBURN
DANCY	LUMP IN YOUR THROAT	HEARTACHE
QUIET	BRAIN FEELS LIKE IT'S CONSTANTLY MOVING/ RACING THOUGHTS	LAUGHING
RESERVED		HEADACHE
SHY	WARM HEART/WARM FUZZY FEELINGS	BOUNCING LEG
TENSE SHOULDERS	TIGHTNESS IN YOUR CHEST	BITING CHEEK
HARD TO SIT STILL/RESTLESS	FROWNING	BITING NAILS
CAN'T GET A GOOD BREATH	HEAVY EYES	TAPPING ON DESK

WHAT CAN I DO? LIST

- TAKE DEEP BREATHS - IMAGINE YOU ARE BLOWING A DANDELION OR TWO
- GO FOR A WALK
- COLOR
- ASK YOURSELF: WHAT MIGHT BE MAKING ME FEEL THIS WAY?
- KEEP ON KEEPING ON (IF FEELING GOOD)
- DANCE
- TALK TO TRUSTED A FRIEND, FAMILY MEMBER, OR ADULT
- JOURNAL OR WRITE ABOUT HOW YOU'RE FEELING
- PLAY A FAVORITE GAME
- LISTEN TO YOUR FAVORITE SONG
- IDENTIFY WHAT IS MAKING YOU FEEL THE WAY YOU FEEL
- TOUCH SOMETHING COLD (LIKE ICE) TO PULL YOU OUT OF THE FEELING AND GROUND YOU
- CHANGE YOUR ENVIRONMENT— MOVE TO A NEW SPACE OR WALK AROUND FOR A BIT
- READ YOUR FAVORITE BOOK
- GET A DRINK OF WATER
- CALL/TEXT A FRIEND OR FAMILY MEMBER
- PET A DOG/CAT/ANIMAL
- STRETCH
- PLAY MUSIC
- TAKE A SHOWER
- HAVE A SNACK
- DO SOMETHING NICE FOR SOMEONE
- SPEND SOME TIME OUTSIDE
- CRY
- TAKE A NAP
- JUMP UP AND DOWN

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WHAT CAN I DO?
