

Feelings Lesson Worksheet

Name: _____ Date: _____

Instructions: Complete this worksheet as you move through the Feelings Lesson.

1. List three different feelings, or emotions.

a. _____

b. _____

c. _____

2. What could you do when you're feeling sad?

3. What are two things that may happen to your body when you're worried or nervous?

a. _____

b. _____

4. What is anxiety?

5. List two things you can do when you're feeling angry.

a. _____

b. _____