

# Feelings lesson worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Instructions:** Complete this worksheet as you move through the Feelings lesson. You will need to either save the worksheet to your computer or print it out and write in your answers. If you open the worksheet and forget to save it before typing, you will lose all of your work.

1. What is puberty?

2. Between what ages does puberty usually start? \_\_\_\_\_

3. What are released in your body that cause changes in your emotions or feelings?

4. If you're having feelings of sadness, hopelessness, discouragement, or any other feelings that you're uncomfortable with what should you do?

5. List two trusted adults in your life that you feel comfortable going to for help.

a. \_\_\_\_\_

b. \_\_\_\_\_

6. What is one way a counselor or therapist can help someone?

