

My feelings worksheet

Instructions:

- Choose four colors to use in the key.
- Color each feeling based on how often you feel this way.
- Take your completed worksheet home and share it with a trusted adult.

Color	I feel this way...
	often
	sometimes
	rarely
	never

Confident

Happy

Worried

Angry

Depressed

Lonely

Safe

Sad

Upset

Discouraged

Anxious

Hurt

Excited

Relaxed

Exhausted

Content