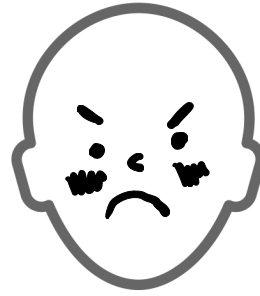


Feelings Worksheet for Kids

My name is: Noah

Today is: Tuesday 24th January

Today I felt: Angry



If you like,
Draw what
your face
looked like

I felt like this because: my little brother was
screaming and crying

Here's what I THOUGHT when I felt like this:

That's too loud

My ears hurt

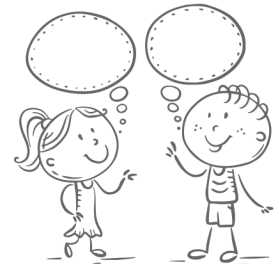


Here's what I SAID when I felt like this:

stop it

stop crying

I don't like you



Here's what I DID when I felt like this:

threw my toy at him to

make him stop



Feelings Worksheet for Kids (Page 2)

Next time, here are some other thoughts I can try to THINK:

1. he is only little, he doesn't know better
2. it is a loud noise but I will be okay
3. he is probably upset about something

Next time, here are some other things I can SAY:

1. Are you okay?
2. I need some space, this is too loud for me
3. I'm going to go to my room

Next time, here are some other things I can DO:

1. Take deep breaths
2. Walk away
3. Tell my mum or dad I'm getting stressed

Next time, adults can help me by:



Taking him away when he starts to cry and I can't walk away.
Help him be quiet.

Let me have quiet place to go to.