

Therapy Worksheet for Kids

My name is _____

I am _____ years old

I am feeling: _____

HAPPY

SAD

GLAD

NERVOUS

ANNOYED

UPSET

BORED

SCARED

EXCITED

WORRIED

SICK

MAD

I felt like this because:



What happens when I am feeling this way?



When I start to feel this way, these are the steps I should take:

ASK FOR HELP

TAKE DEEP BREATHS

WALK AWAY

DO SOMETHING ELSE

TALK TO A FRIEND

TELL AN ADULT

