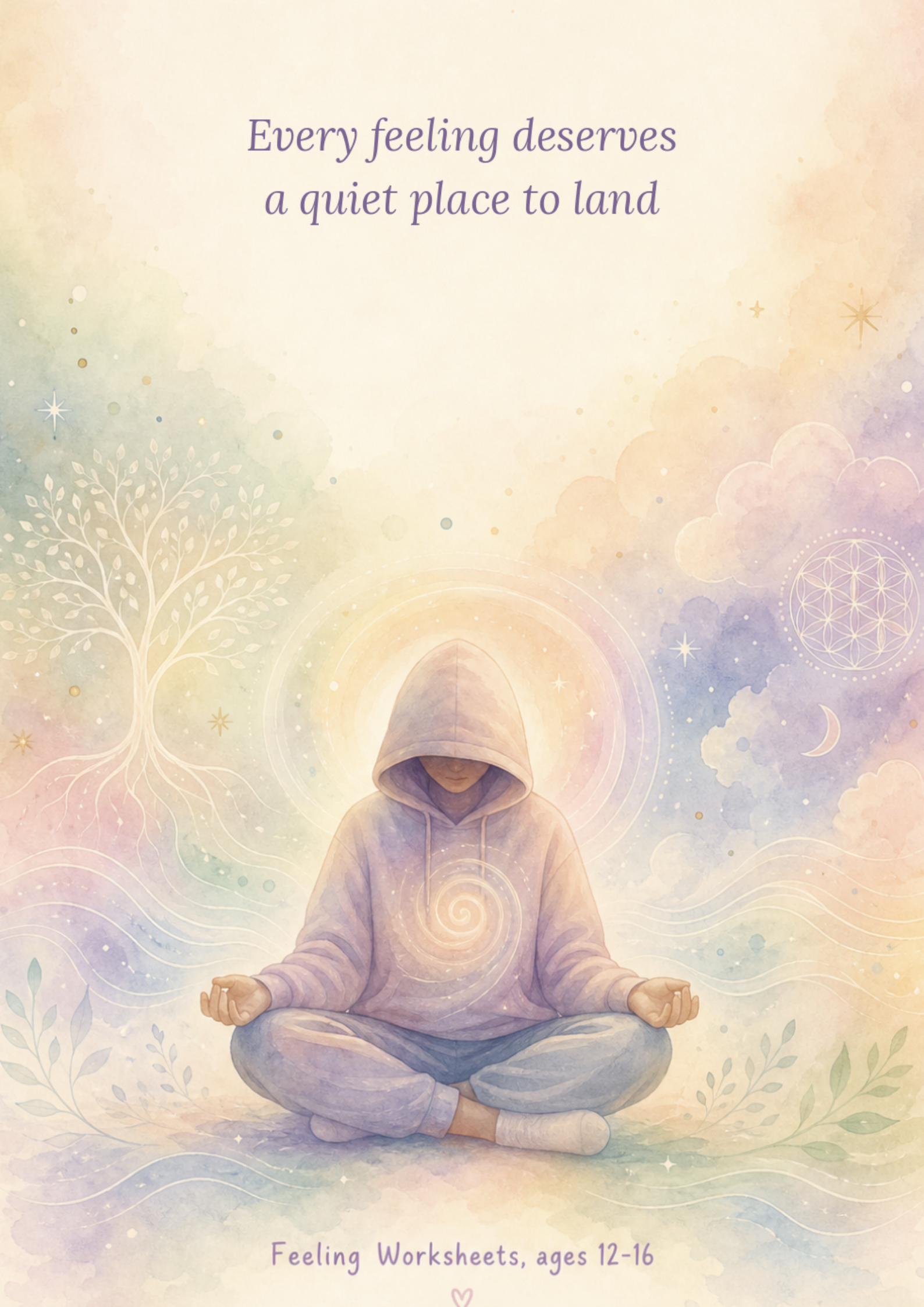


Every feeling deserves
a quiet place to land



Feeling Worksheets, ages 12-16





Feeling Worksheets

A gentle workbook for ages 12-16

30 pages to notice, name and hold your feelings

Includes a Parent/Guardian Notes section



How to use this book

A few gentle notes before you start

- There is no right way to fill these pages.
- Skip any page, come back later, or never.
- A tick, a color, or one word all count as done.
- You can use pencil, pen, color, or just check a box.
- This is a space to notice, not to fix or judge.



Parent/Guardian Notes

A gentle note for adults supporting teens

- These pages are here to support noticing feelings, not to force disclosure.
- Your teen does not need to complete every page. Choice helps the workbook feel safe.
- A few words, a doodle, or a tick in a box still count as meaningful use.
- Try not to correct, analyse, or rush their answers. Quiet curiosity helps more.
- You can invite, not push: "Do you want to show me this page or keep it private?"
- If a page brings up strong distress, pause and offer calm presence, water, rest, or space.
- Use this workbook as a gentle bridge for conversation, not as a test or measure.

Helpful phrases

"You do not need to explain everything."

"I am here with you."

"We can take this one page at a time."

"You can skip this and come back later."



Today I feel...

Check in with yourself right now

☐ Happy

☐ Sad

☐ Angry

☐ Anxious

☐ Calm

☐ Tired

☐ Excited

☐ Confused

☐ Lonely

☐ Proud

Notes:



Rate your mood

Circle the number that fits today

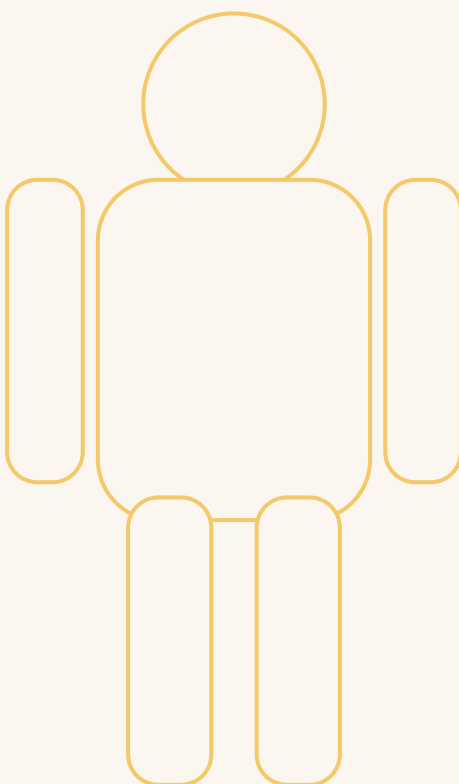
1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

1 = terrible day, 10 = wonderful day

Why this number?

Where do you feel it?

Mark on the body where this feeling sits



Mark or color where you feel it.

4

Name the feeling

Write three words for how you feel

Word 1:

Word 2:

Word 3:

Why do you think you feel this way?

Feelings wheel

Which ring matches your feeling today



Which ring feels closest to today? Write it below.



What triggered this?

Think about what happened right before

What happened:

Who was there:

What did you think:

What did your body do:

Color your mood

Choose colors that match how you feel

--	--	--	--	--	--

Color the boxes with colors that match your mood.



Energy check

How much energy do you have right now

1	2	3	4	5
---	---	---	---	---

Very low

Low

Medium

High

Very high

What made your energy this way?

Thought vs feeling

Sort what happened into two boxes

What I thought

What I felt

Safe space

Draw or describe a place that feels safe



Things that help

Check what helps you feel better

- ☐ Music
- ☐ Talking to someone
- ☐ Drawing or art
- ☐ Being alone
- ☐ Moving my body
- ☐ Deep breaths
- ☐ Writing it down
- ☐ Being outside

Anything else that helps?

A letter to my feeling

Write to the feeling as if it were a person

Dear feeling,

Weekly mood tracker

Color one box for each day

Mon

Tue

Wed

Thu

Fri

Sat

Sun

Color a box each day with the color of your mood.

Body signals

What did your body do when you felt this

- ☐ Fast heartbeat
- ☐ Tight chest
- ☐ Tears
- ☐ Clenched hands
- ☐ Stomach ache
- ☐ Warm face
- ☐ Shaky
- ☐ Heavy body

Anything else that helps?

Gratitude pause

Three small things that felt okay today

1.

2.

3.

Anger check-in

What does your anger want you to know

My anger is telling me:

It might be protecting:

One small step I can take:

Anxious thoughts

Write the worry, then a calmer thought

Worry thought

Calmer thought

My support people

Who can I reach out to









Self-compassion note

Write something kind to yourself

Dear me,

Sensory reset

Notice five things around you

See:

Hear:

Feel:

Smell:

Taste:

This week I felt...

Track your main feelings this week

☐ Happy

☐ Sad

☐ Angry

☐ Anxious

☐ Calm

☐ Tired

☐ Excited

☐ Bored

☐ Hopeful

☐ Overwhelmed

Notes:

Feeling and coping match

Draw a line from feeling to a helpful action

Angry

Deep breath

Sad

Talk to someone

Anxious

Move your body

Bored

Draw or create

My safe word

Choose a word or sound for when things feel too much

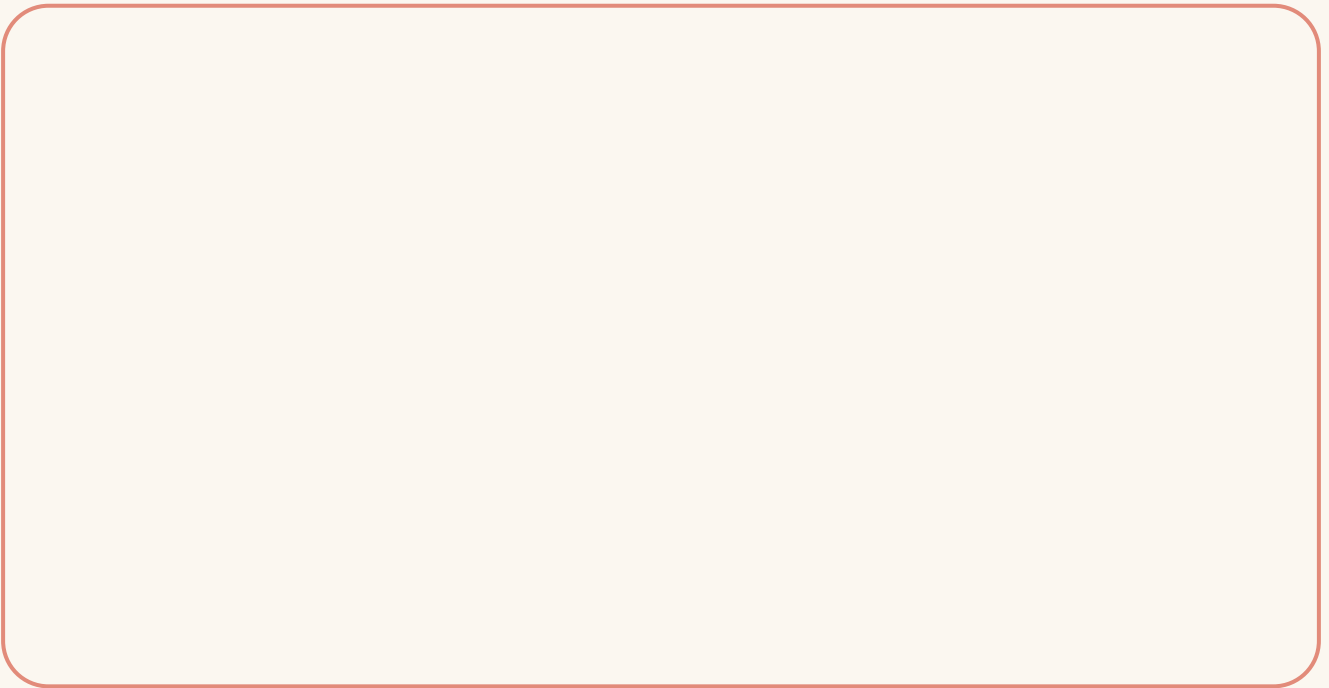
My word or sound is:

I will use it when:

Who I can tell:

Draw your feeling

If this feeling had a shape or color, what would it look like



Small wins

What is one thing that went okay today

It went okay because:

How did that feel:

Rate your day

Circle the number for your overall day

1

2

3

4

5

6

7

8

9

10

1 = terrible day, 10 = wonderful day

Why this number?

What I need right now

Check what would help in this moment

- ☐ Quiet
- ☐ Company
- ☐ Rest
- ☐ Movement
- ☐ Snack or water
- ☐ Distraction
- ☐ To talk
- ☐ To be left alone

Anything else that helps?

Looking back

How did this feeling change over the day

Morning:

Afternoon:

Evening:

My feelings, my strengths

One feeling and one strength it gave you

The feeling

The strength

Closing page

A gentle end to this workbook

You made it through this book.

Whatever you felt on these pages was allowed to be here.

Feelings come and go, and you get to keep noticing them.

