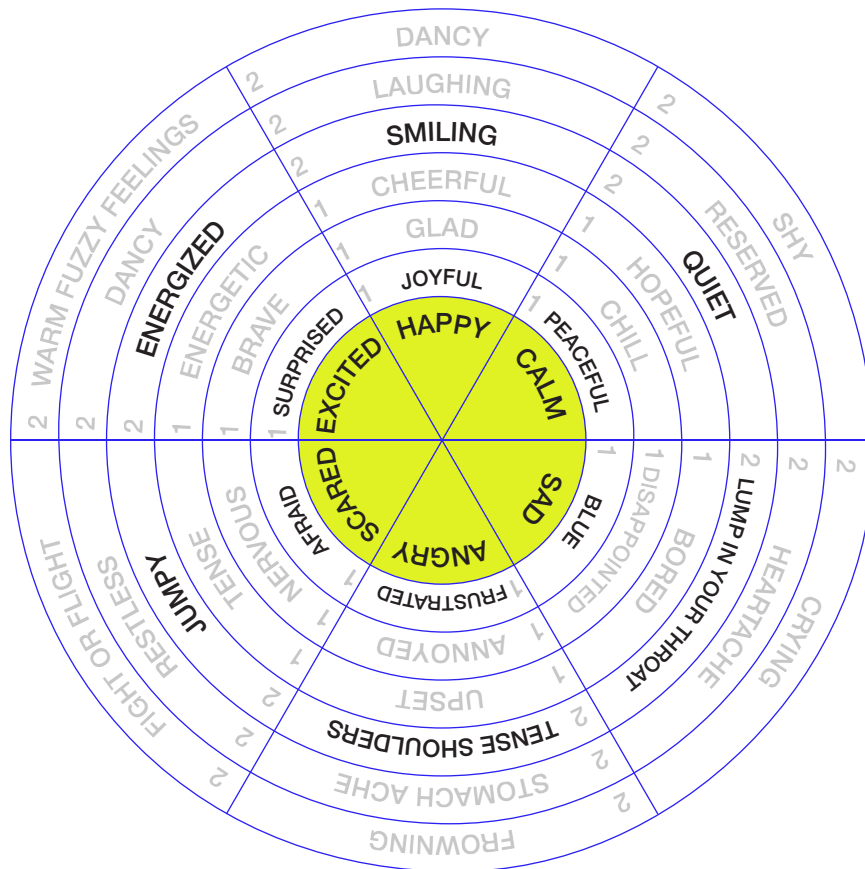


WHAT ARE YOU FEELING? EXAMPLE WORKSHEET

- Starting with the wheel on your worksheet, at the center of it you will find six different words that are commonly used to describe how we might feel: **happy, sad, angry, calm, excited,** and **scared**. These will be our **core feelings**, and each core feeling has its own section of the wheel. Around the core feelings, you will find a series of rings that expand out that are labeled with a **number 1** or a **number 2**.
- Using the **Feelings List**, you will start by filling in the rings labeled with a number 1. **You will find two words for each of the core feelings that you think describe or express that feeling.** Each core feeling has an example word to help you get started.
- Using the **Physical Feelings List**, you will start by filling in the rings labeled with a *number 2*. **You will find two words for each of the core feelings that you think describe a physical sensation for that feeling.** Each core feeling has an example word to help you get started.
- Using the **What Can I Do? List**, you will fill in the box at the bottom of your worksheet labeled “What Can I Do?”. **You will find three different things to help you process or care for your feelings. Write one thing for each bullet point.** There is an example listed to help you get started.



WHAT CAN I DO?

- *Talk to a friend.*
- *Go for a walk.*
- *Dance!*
- *Journal or write about how you're feeling.*

FEELINGS LIST

- | | | |
|---------------------|---------------------|----------------------------|
| JOYFUL | HOPEFUL | GLUM |
| CONFIDENT | CHILL | BORED |
| CHEERFUL | AFRAID | TIRED |
| GLAD | NERVOUS | BETRAYED |
| ACCOMPLISHED | HELPLESS | JEALOUS |
| THANKFUL | WEAK | ANNOYED |
| CHIPPER | ANTSY | LET DOWN |
| HURT | TENSE | HUMILIATED |
| LONELY | JITTERY | FRUSTRATED |
| FRAGILE | FRIGHTENED | UPSET |
| GUILTY | STRESSED | GROUCHY |
| EMBARRASSED | ANXIOUS | GRUMPY |
| DISAPPOINTED | WORRIED | IRRITATED |
| ABANDONED | SURPRISED | ENRAGED |
| EMPTY | NERVOUS | RELAXED |
| LOW ENERGY | THRILLED | DON'T FEEL STRESSED |
| BLUE | OPTIMISTIC | FINE |
| SAD | ENTHUSIASTIC | PEACEFUL |
| DOWN | BRAVE | CONTENT |
| GRIEVING | ENERGETIC | |

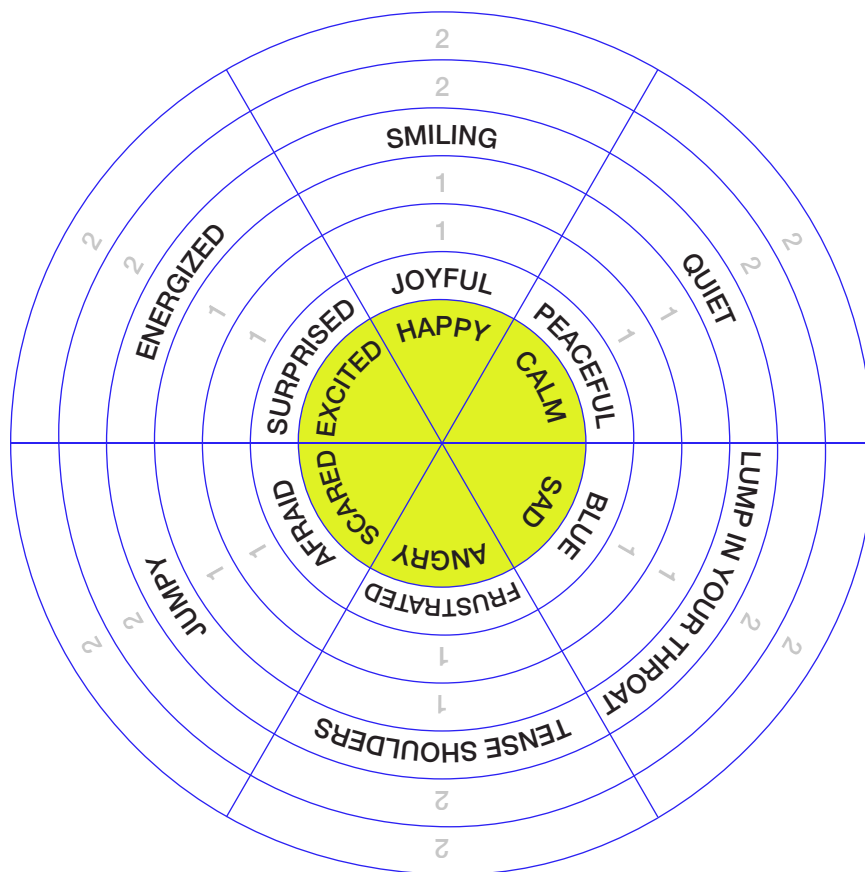
PHYSICAL FEELINGS LIST

- | | | |
|-----------------------------------|-----------------------------------------------------------------|-----------------------------------------|
| SWEATING | HARD TO STAY AWAKE/TIRED | GOOSEBUMPS |
| CLENCHED JAW | STOMACH ACHES | WEAKNESS IN LEGS |
| CLENCHED FISTS | BUTTERFLIES IN THE STOMACH | STRUGGLING TO TAKE A DEEP BREATH |
| SHAKY | FACE FEELS HOT OR FLUSHED | DIZZY |
| SMILING | CRYING | TWITCHING EYELIDS |
| JUMPY | FIGHT OR FLIGHT | RINGING IN EAR(S) |
| HUNCHED OVER | ENERGIZED | HARD TO FOCUS |
| SHOULDERS SCRUNCHED UP | LUMP IN YOUR THROAT | HEARTBURN |
| DANCY | BRAIN FEELS LIKE IT'S CONSTANTLY MOVING/ RACING THOUGHTS | HEARTACHE |
| QUIET | WARM HEART/WARM FUZZY FEELINGS | LAUGHING |
| RESERVED | TIGHTNESS IN YOUR CHEST | HEADACHE |
| SHY | FROWNING | BOUNCING LEG |
| TENSE SHOULDERS | HEAVY EYES | BITING CHEEK |
| HARD TO SIT STILL/RESTLESS | | BITING NAILS |
| CAN'T GET A GOOD BREATH | | TAPPING ON DESK |

WHAT CAN I DO? LIST

- **TAKE DEEP BREATHS - IMAGINE YOU ARE BLOWING A DANDELION OR TWO**
- **GO FOR A WALK**
- **COLOR**
- **ASK YOURSELF: WHAT MIGHT BE MAKING ME FEEL THIS WAY?**
- **KEEP ON KEEPING ON (IF FEELING GOOD)**
- **DANCE**
- **TALK TO TRUSTED A FRIEND, FAMILY MEMBER, OR ADULT**
- **JOURNAL OR WRITE ABOUT HOW YOU'RE FEELING**
- **PLAY A FAVORITE GAME**
- **LISTEN TO YOUR FAVORITE SONG**
- **IDENTIFY WHAT IS MAKING YOU FEEL THE WAY YOU FEEL**
- **TOUCH SOMETHING COLD (LIKE ICE) TO PULL YOU OUT OF THE FEELING AND GROUND YOU**
- **CHANGE YOUR ENVIRONMENT— MOVE TO A NEW SPACE OR WALK AROUND FOR A BIT**
- **READ YOUR FAVORITE BOOK**
- **GET A DRINK OF WATER**
- **CALL/TEXT A FRIEND OR FAMILY MEMBER**
- **PET A DOG/CAT/ANIMAL**
- **STRETCH**
- **PLAY MUSIC**
- **TAKE A SHOWER**
- **HAVE A SNACK**
- **DO SOMETHING NICE FOR SOMEONE**
- **SPEND SOME TIME OUTSIDE**
- **CRY**
- **TAKE A NAP**
- **JUMP UP AND DOWN**

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WHAT CAN I DO?
