How Angry Feels!

Describe how different parts of your body feel when you get mad, then write down three ways you can calm down when you’re mad!

My Ears Feel: ___________________________

My Eyes Feel: ___________________________

My Face Feels: __________________________

My Mouth Feels: _________________________

My Belly Feels: _________________________

My Hands Feel: _________________________

My Feet Feel: __________________________

When I get mad, I will………

_________________  _______________  _______________  _______________
How Sad Feels!

Describe how different parts of your body feel when you get sad, then write down three ways you can feel happy when your sad!

My Ears Feel: __________________
My Eyes Feel: __________________
My Face Feels: __________________
My Mouth Feels: __________________
My Belly Feels: __________________
My Hands Feel: __________________
My Feet Feel: __________________

When I get sad, I will...........
___________________________  ________________________  _____________________
How Happiness Feels!

Describe how different parts of your body feel when you are happy,

My Ears Feel: ____________________________

My Eyes Feel: ____________________________

My Face Feels: ____________________________

My Mouth Feels: ____________________________

My Belly Feels: ____________________________

My Hands Feel: ____________________________

My Feet Feel: ____________________________