

Hello There,

Welcome back after Easter. Here are some sheets to do over the next two weeks.

Remember to only spend about 5 minutes every day on each sheet and chatting about each social skill too.

Try to do your creative voices work while talking to an adult about your feeling.

There are some confidence colouring in pages for you if you like. I'll send some stuff via seesaw during the week. Please make sure your parents have signed up

Guys you are doing an amazing job and I'm so proud of each and every one of you for staying home and staying safe, it can't be easy.

T. Gorman

HOW TO USE THIS BOOK



The Definition:

Definitions taken, or adapted, from the
Merriam-Webster Learner's Dictionary
(<http://www.learners-dictionary.com>)

WHEN I AM FEELING



My Face Looks Like

Draw a picture, or describe, what your face looks like when you are feeling the emotion shown on this page. Make up your own face or use the image above as a guide.

My Body Looks Like

Draw a picture, or describe, what your body might look like when you are feeling the emotion shown on this page. What do your arms and legs look like? How about your hands and feet?

My Insides Feel Like

Draw a picture, or describe, how your insides feel when you are experiencing the emotion shown on this page. Be creative!

WHAT MAKES ME FEEL



Make a list, or draw pictures, of things, people, places and events that make you feel the emotion shown on this page. Think about times when you have felt this emotion and list them here, or

Make a list, or draw pictures, of things, people, places and events that DO NOT make you feel the emotion shown on this page.

EMOTIONS

(Page 1)



Angry



Anxious



Apologetic



Ashamed



Bashful



Bored



Confident



Confused



Cool



Determined



Disappointed



Disbelieving



Discouraged



Disgusted



Enraged



Envious



Exasperated



Excited



Exhausted



Frightened



MY
FEELINGS
WORKBOOK

EMOTIONS

(PAGE 2)



Horrorified



Hurt



Indifferent



Jealous



Joyful



Lonely



Loved



Miserable



Negative



Optimistic



Overwhelmed



Peaceful



Perplexed



Proud



Regretful



Relieved



Sad



Scared



Shocked



Shy



MY FEELINGS WORKBOOK

GUILTY

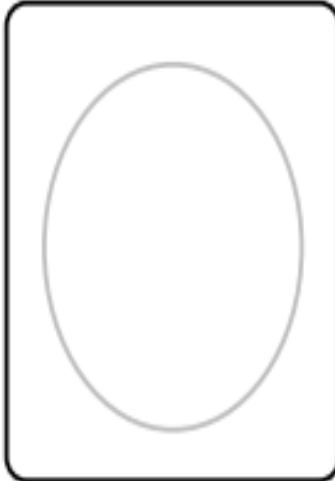


Feeling Guilty Means:

Feeling responsible for doing something bad or wrong

WHEN I AM FEELING GUILTY?

My Face Looks Like



My Body Looks Like



My Insides Feel Like



WHAT MAKES ME FEEL GUILTY?



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HAPPY

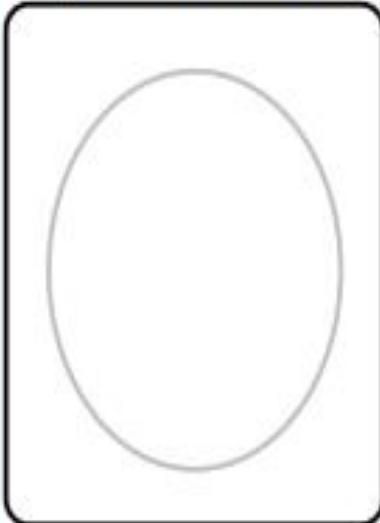


Feeling Happy Means:

*Feeling pleasure and enjoyment
because of your life, situation, etc.*

WHEN I AM FEELING HAPPY

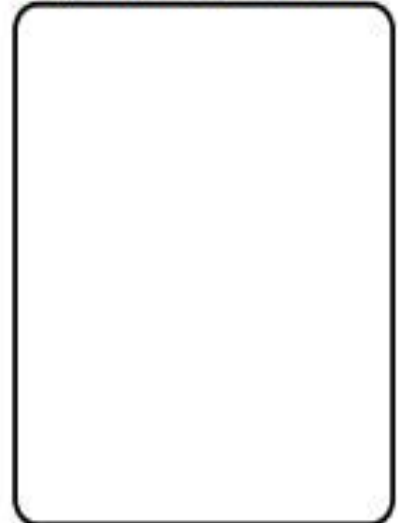
My Face Looks Like



My Body Looks Like



My Insides Feel Like



WHAT MAKES ME FEEL HAPPY?



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FRUSTRATED

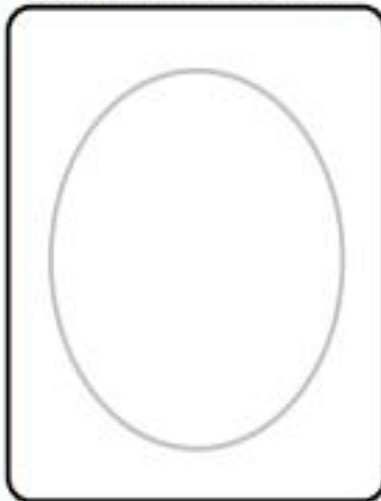


Feeling Frustrated Means:

Very angry, discouraged, or upset because of being unable to do or complete something

WHEN I AM FEELING FRUSTRATED

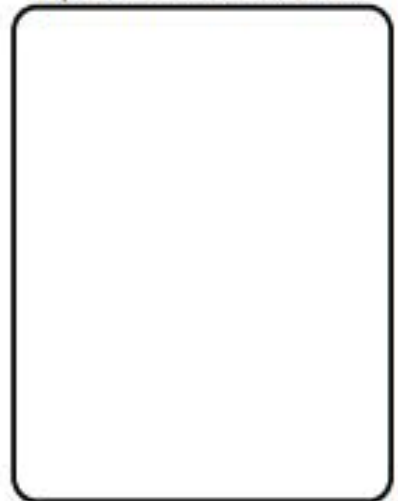
My Face Looks Like



My Body Looks Like



My Insides Feel Like



WHAT MAKES ME FEEL FRUSTRATED?



GRIEVING

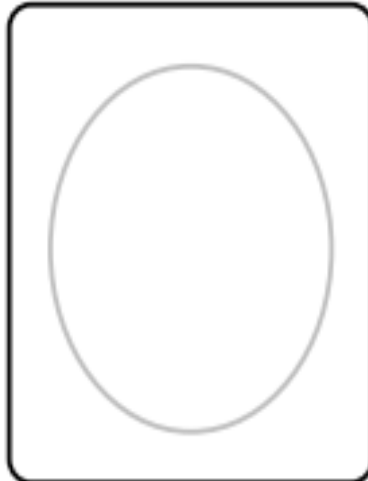


Feeling Grieving Means:

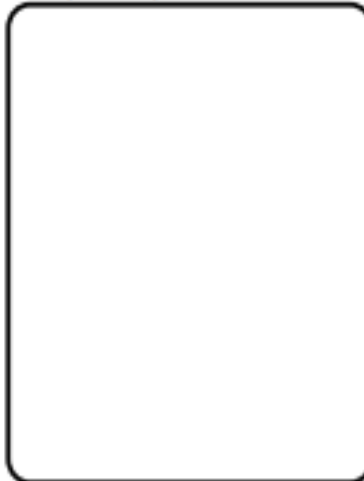
Feeling sad or unhappy about the loss of something

WHEN I AM FEELING GRIEVING

My Face Looks Like



My Body Looks Like



My Insides Feel Like



WHAT MAKES ME FEEL GRIEVING?



FRIGHTENED

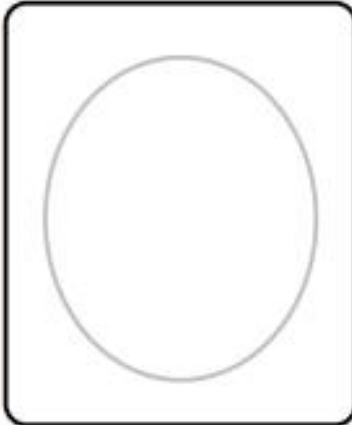


Feeling Frightened Means:

Afraid of something or someone

WHEN I AM FEELING FRIGHTENED

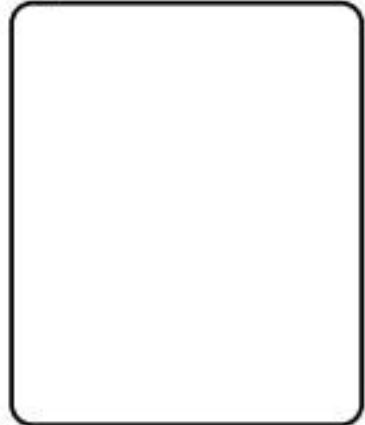
My Face Looks Like



My Body Looks Like



My Insides Feel Like



WHAT MAKES ME FEEL FRIGHTENED?



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EXHAUSTED

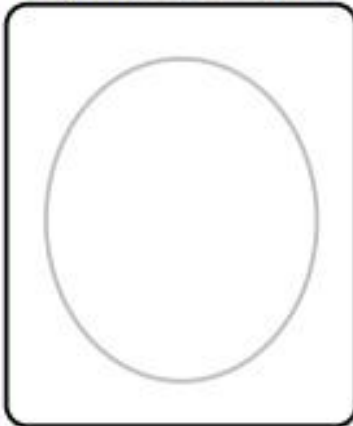


Feeling Exhausted Means:

Tired out or worn out

WHEN I AM FEELING EXHAUSTED

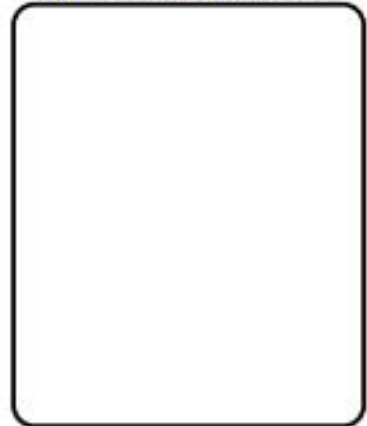
My Face Looks Like



My Body Looks Like



My Insides Feel Like



WHAT MAKES ME FEEL EXHAUSTED?



Excited

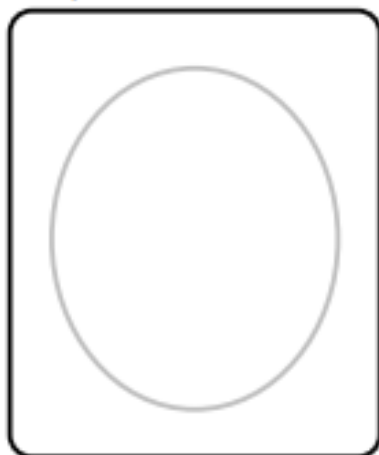


Feeling Excited Means:

Very enthusiastic and eager about something

WHEN I AM FEELING Excited

My Face Looks Like



My Body Looks Like



My Insides Feel Like



WHAT MAKES ME FEEL Excited?



EXASPERATED

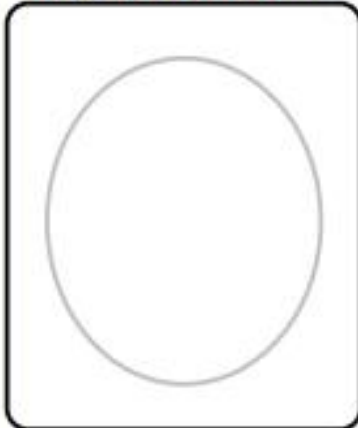


Feeling Exasperated Means:

Very angry or annoyed

WHEN I AM FEELING EXASPERATED?

My Face Looks Like



My Body Looks Like



My Insides Feel Like



WHAT MAKES ME FEEL EXASPERATED?



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ENVIOUS

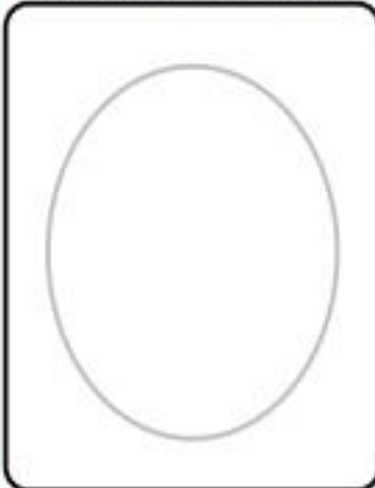


Feeling Envious Means:

Feeling or showing a desire to have what someone else has: feeling or showing envy

WHEN I AM FEELING ENVIOUS

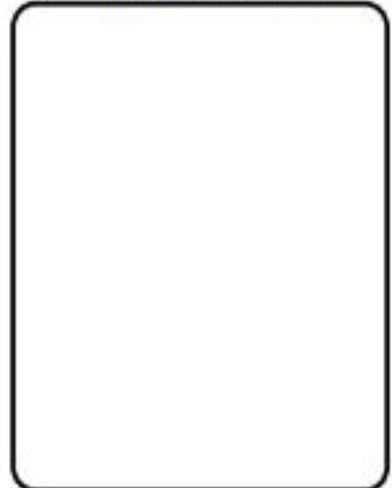
My Face Looks Like



My Body Looks Like



My Insides Feel Like



WHAT MAKES ME FEEL ENVIOUS?



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ENRAGED

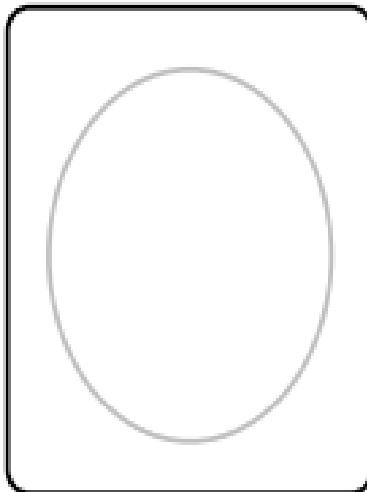


Feeling Enraged Means:

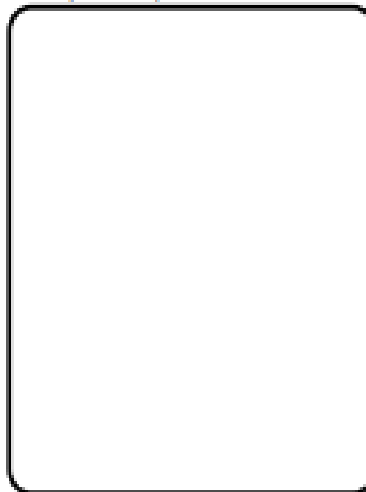
Very angry; filled with rage

WHEN I AM FEELING ENRAGED

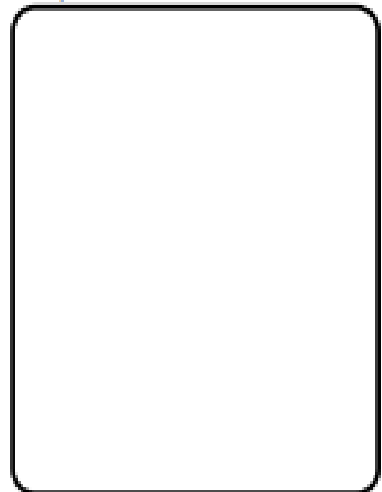
My Face Looks Like



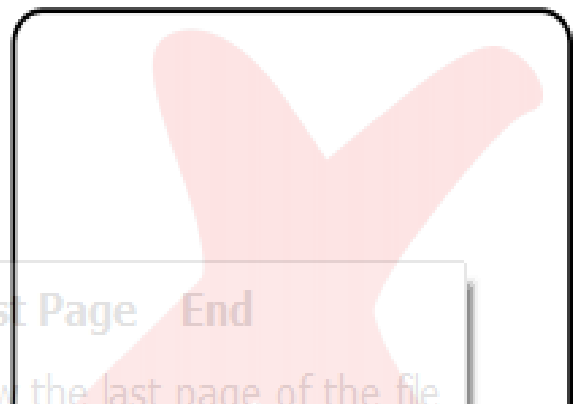
My Body Looks Like



My Insides Feel Like



WHAT MAKES ME FEEL ENRAGED?



Last Page End

View the last page of the file

Name: _____

Week of _____

Instructions: Put this worksheet in a visible place (e.g., on the fridge). Every day this week, complete one of the listed activities. Color in the happy face and have your helper sign on the bottom when you are done.



Cameron is telling John about a movie he saw last weekend. A few seconds later, John starts talking about another movie. Cameron and John are talking at the same time. What is the problem? Why is this a problem? How can this problem be solved?



Ask someone about their favorite pizza. Make sure to look at them and listen to their response. Then tell them about *your* favorite pizza.



Jasmine's grandma gave her a pretty pink necklace for her birthday. What are two things Jasmine could write in her Thank You note?



Anya is studying for a math test at the kitchen table, but her sister keeps trying to tell her about something that happened at school. What is Anya's sister doing wrong? What should Anya's sister do?



Brianna is teasing her little brother because he can't tie his shoes yet. Her mother says, "Don't pick on your brother!" What does Brianna's mom mean by that?



Barry's friends are playing a cool new game. Barry wants to play, but doesn't know the rules. Is this a big or a little problem? What could Barry do to solve his problem?

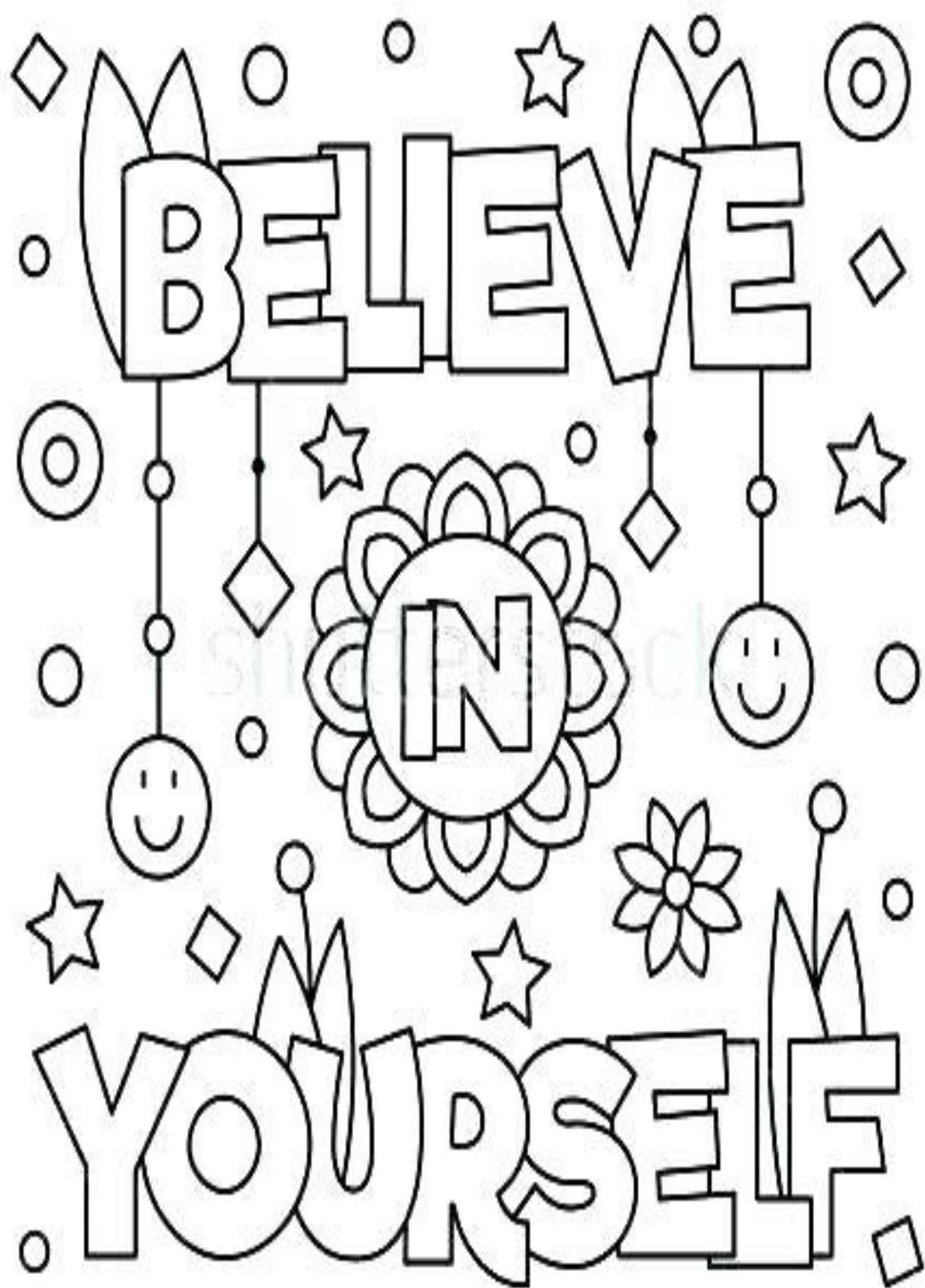


Felix and his friend are watching a movie at the theater but keep talking to each other during the movie. Why is this a problem? How will the other people in the audience feel?



Advice Wizard!
If someone is standing too close to you and it is making you uncomfortable, move a step back.

My Helper's Signature




You are Braver
than You Believe.
STRONGER than You
seem and Smarter
than You THINK.


Name: _____

Week of _____


Instructions: Put this worksheet in a visible place (e.g., on the fridge). Every day this week, complete one of the listed activities. Color in the happy face and have your helper sign on the bottom when you are done.




Nicki is lining up and the person behind her bumps into her. Is this a big or a little problem? What might the person behind Nicki say to her?




Darcie is at a restaurant with her family. Next to their table is a woman in a wheelchair. Darcie keeps staring at the woman. Why is this not the right thing to do? How might the woman in the wheelchair feel? Why do you think Darcie is staring?



Ask someone a question that begins with "when" to learn more about that person. Make sure to look at them and listen to their response.




Conrad's family is moving to a new town next week. How do you think Conrad feels? Name two reasons why he might feel that way.



What are two ways you would know that someone is feeling embarrassed?



Draw on the face below so that it looks frustrated. When do you feel frustrated?



Nolan has a runny nose and keeps sneezing. "You look like you're under the weather," Megan says. What does Megan mean by that?



Advice Wizard!
You should always follow the "Golden Rule": Treat others the same way that you want to be treated.