Therapy Worksheet for Kids

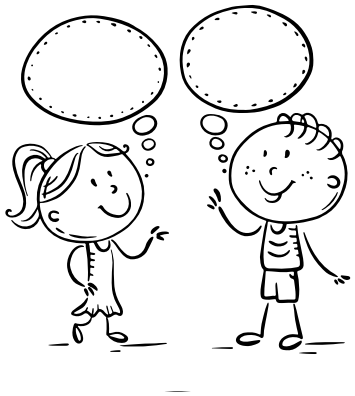
My name is: _____ , I am_____ years old

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