

# Feelings Chart



happy

Blank space for writing about the feeling of happiness.

Blank space for writing about the feeling of sadness.

sad



surprised

Blank space for writing about the feeling of surprise.

Blank space for writing about the feeling of anger.

angry

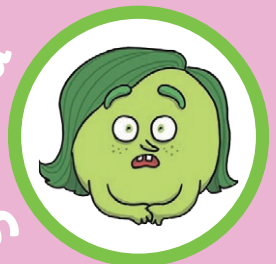


Excited

Blank space for writing about the feeling of excitement.

Blank space for writing about the feeling of fear.

scared



Draw a picture or write about what made you happy – read this next time you feel sad.



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Talk to someone about how you are feeling.



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Look in the mirror at your face and describe what makes you look happy.



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Look in the mirror and describe what makes you look surprised.



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Talk to someone about why you are surprised.



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Tell someone why you are excited.



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Draw a picture to show what you are excited about.



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Try to describe how you are feeling and how your body feels.



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Talk to someone about what is making you sad then try to come up with a way of feeling better.

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Think about something that makes you happy.

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Go for a walk and try to focus on what you can see rather than what your mind is thinking.

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Say three things that have gone well for you today.

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Take a brain break from what you are doing to do something you enjoy.

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Focus on your breathing; take ten long, deep breaths and focus on nothing but your breathing for this

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Squeeze a stress ball or screw up a piece of paper.

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Go into a quiet space away from what is making you angry.

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Explain to someone exactly what it is that is making you scared.

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Move away from what is making you scared.

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Do something you enjoy to take your mind off it.

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