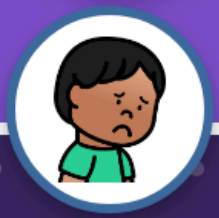
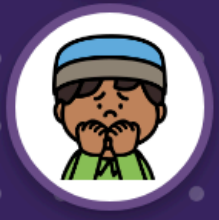
FEELINGS TAB BOOK COPING SKILLS

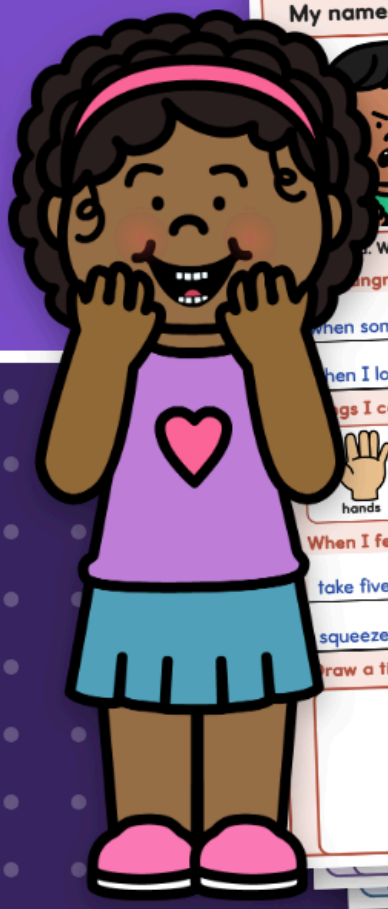
COLOR + B&W

36 FEELINGS









My name _____



ANGRY

Angry is a big, hot feeling when something feels unfair or wrong.

. Write. Draw.

ngry when

hen someone takes my turn.

hen I lose a game.

gs I can try









When I feel angry, I can

take five slow breaths.

squeeze my hands, then let go.

raw a time I felt angry.



Angry

Anxious

Sad

Bright Path Sped

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- Open it in a PDF reader (Adobe Acrobat Reader, Preview, or your browser), click into a line or a box, type, and Save As.
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- It works offline. No account, no subscription, no internet connection needed after you download it.

Print at 100 percent

Turn off fit to page and shrink to fit so each tab stays the size shown and every border stays inside the paper.

Student work

A filled-in page can hold a real student's feelings and a name. Keep it in your data folder, and use a first name only on any page that leaves your hands.

Need help?

If a field will not behave or a page will not print the way you expect, use Ask a Question on the product page. Every question is read, and a fix ships as a free update.

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PREVIEW

Preview - Bright Path Sped

My name _____

MY WEEK OF FEELINGS

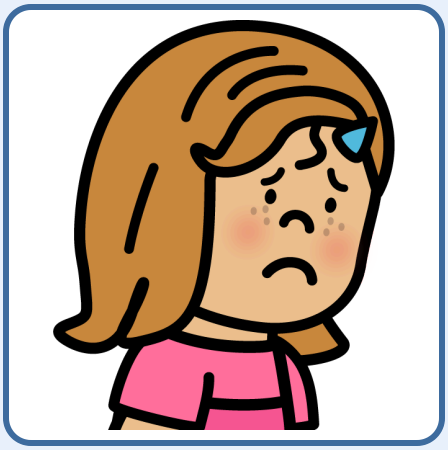
Circle the face that is like you today.

	Happy	Sad	Angry	Scared	Worried	Tired
Mon						
Tue						
Wed						
Thu						
Fri						

My feeling word for this week

PREVIEW

My name _____



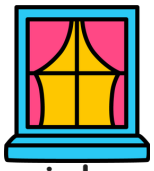
GLOOMY

Gloomy is when everything feels gray and slow.

Read. Write. Draw.

I feel gloomy when

Things I can try


window


draw


soft toy


hug

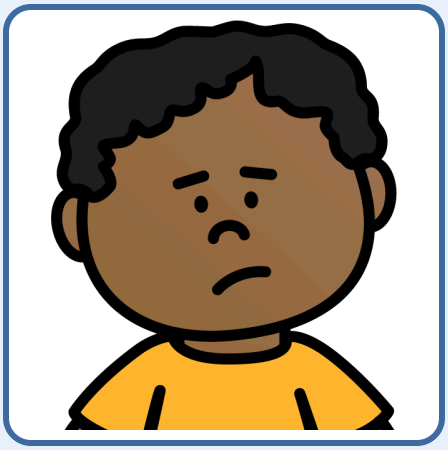

a friend

When I feel gloomy, I can

Draw a time I felt gloomy.

PREVIEW

My name _____



DISCOURAGED

Discouraged is when you feel like giving up because it is hard.

Read. Write. Draw.

I feel discouraged when

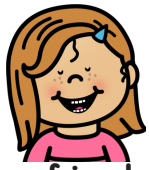
Things I can try


draw


hug


book


hands


a friend

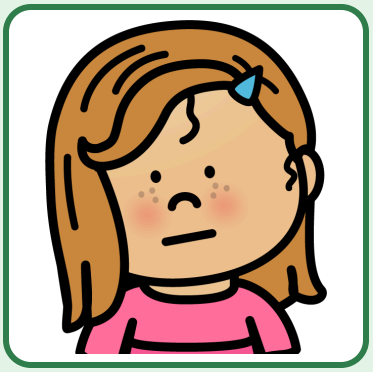
When I feel discouraged, I can

Draw a time I felt discouraged.

PREVIEW

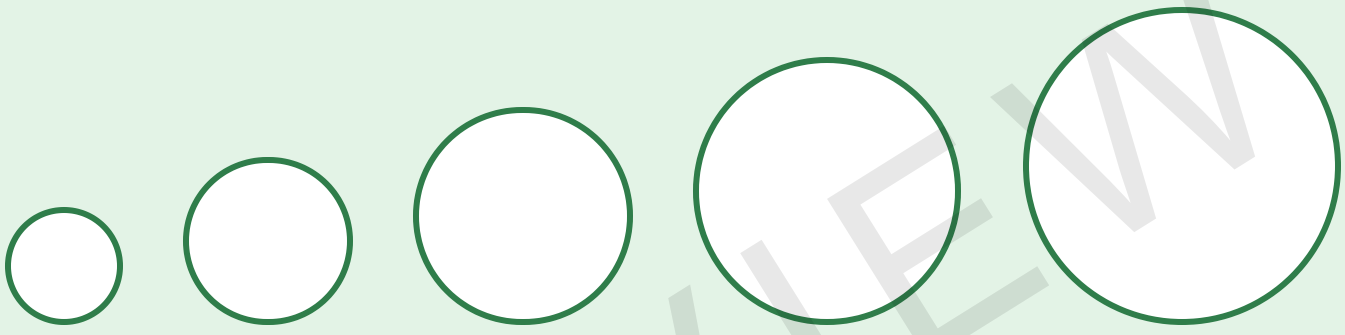
discouraged

My name _____



HOW BIG IS MY BORED FEELING?

Color one circle to show how big.



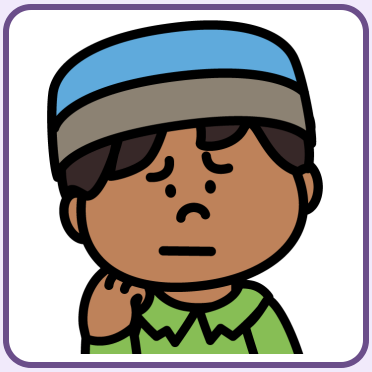
When it is big, I can

When it is small, I can

My face when it is big

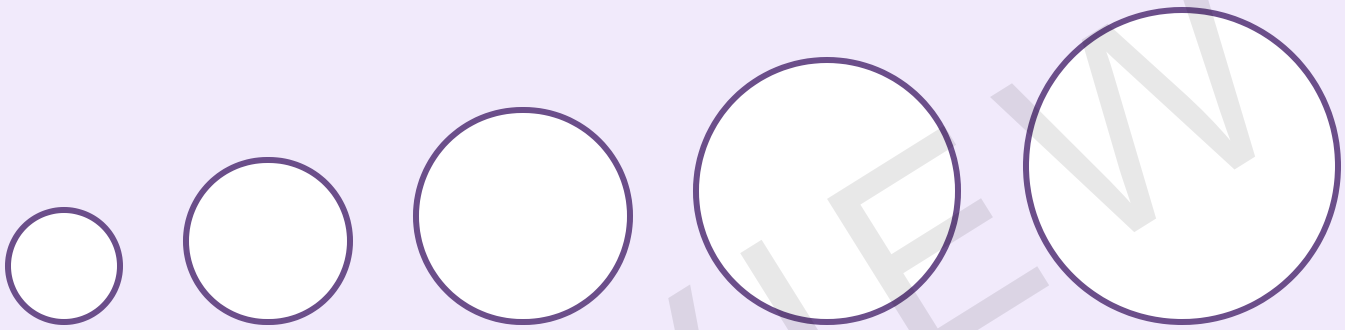
PREVIEW

My name _____



HOW BIG IS MY WORRIED FEELING?

Color one circle to show how big.



tiny small medium big huge

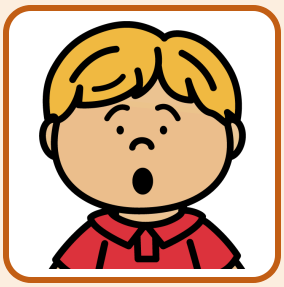
When it is big, I can

When it is small, I can

My face when it is big

PREVIEW

My name _____



IDEAS FOR FEELING SURPRISED

Read. Color a box by an idea to try.

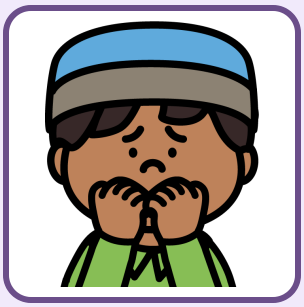
1. Take a breath. ☐
2. Say, wow! ☐
3. Tell a friend what happened. ☐
4. Draw the surprise.  ☐
5. Ask a question about it. ☐
6. Write what you saw.  ☐
7. Sit and think about it. ☐
8. Tell a grown-up. ☐

My own idea

An idea from my teacher

PREVIEW

My name _____



MY PLAN FOR FEELING SCARED

Make a plan. Write on the lines.

1 I notice. I feel scared when

_____

_____

2 I try. First, I will

_____

_____

Then, I can

_____

_____

3 I ask. A grown-up who can help me is

_____

_____

4 I check. After I try, I feel

Better	The same	Still working on it

PREVIEW

My name _____



NERVOUS

Nervous is when your tummy feels fluttery about something new.

Read. Write. Draw.

I feel nervous when

Things I can try


soft toy


hug


book


hands


a friend

When I feel nervous, I can

Draw a time I felt nervous.

nervous

PREVIEW

My name _____



GRUMPY

Grumpy is when you feel cranky and everything seems annoying.

Read. Write. Draw.

I feel grumpy when

Things I can try


drink


window


hug


book


a friend

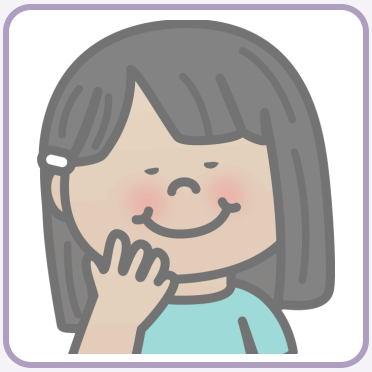
When I feel grumpy, I can

Draw a time I felt grumpy.

grumpy

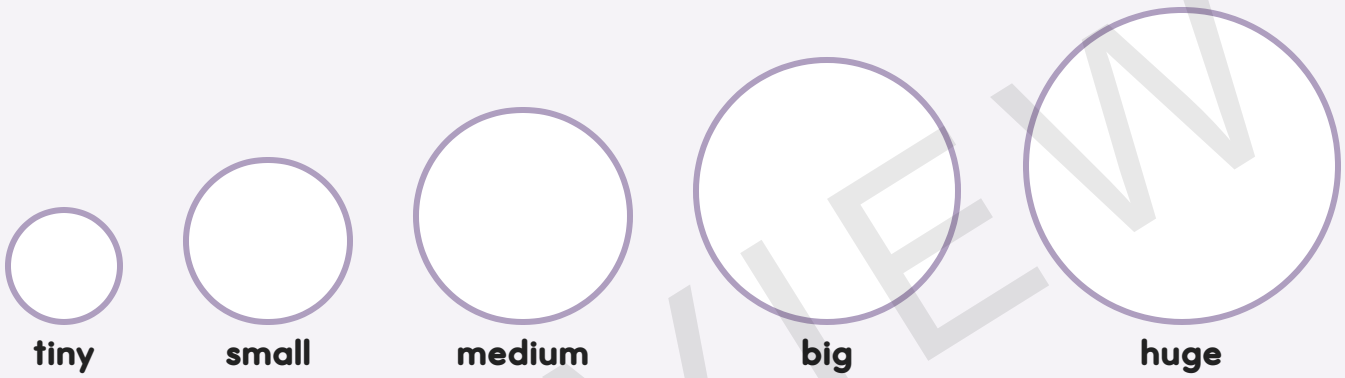
PREVIEW

My name _____



HOW BIG IS MY EMBARRASSED FEELING?

Color one circle to show how big.



tiny small medium big huge

When it is big, I can

When it is small, I can

My face when it is big

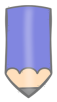
PREVIEW

My name _____



IDEAS FOR FEELING CHEERFUL

Read. Color a box by an idea to try.

1. Smile at someone. ☐
2. Say something kind. ☐
3. Sing a little song. ☐
4. Draw a happy picture.  ☐
5. Help a friend. ☐
6. Tell a grown-up your good news. ☐
7. Dance for ten seconds. ☐
8. Write what made you cheerful.  ☐

My own idea

An idea from my teacher

PREVIEW

My name _____



MY PLAN FOR FEELING AMAZED

Make a plan. Write on the lines.

1 I notice. I feel amazed when

_____

_____

2 I try. First, I will

_____

_____

Then, I can

_____

_____

3 I ask. A grown-up who can help me is

_____

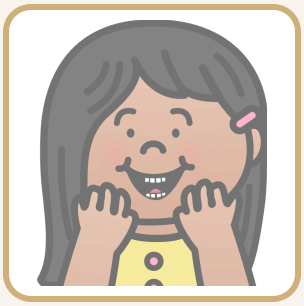
_____

4 I check. After I try, I feel

Better	The same	Still working on it

PREVIEW

My name _____



MY PLAN FOR FEELING THRILLED

Make a plan. Write on the lines.

1 I notice. I feel thrilled when

_____

_____

2 I try. First, I will

_____

_____

Then, I can

_____

_____

3 I ask. A grown-up who can help me is

_____

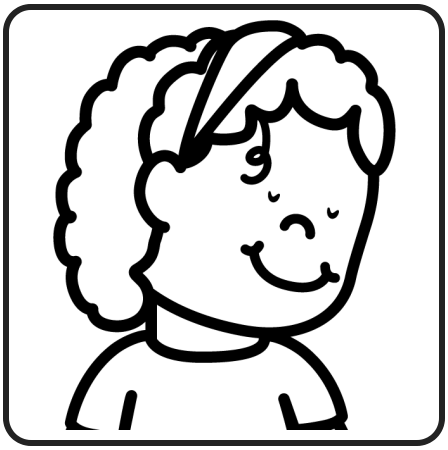
_____

4 I check. After I try, I feel

Better	The same	Still working on it

PREVIEW

My name _____



SHY

Shy is when you feel quiet and a little nervous around others.

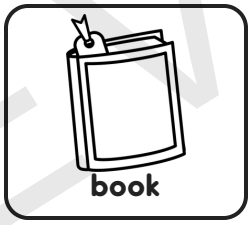
Read. Write. Draw.

I feel shy when

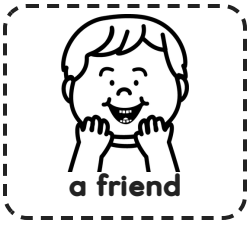
Things I can try









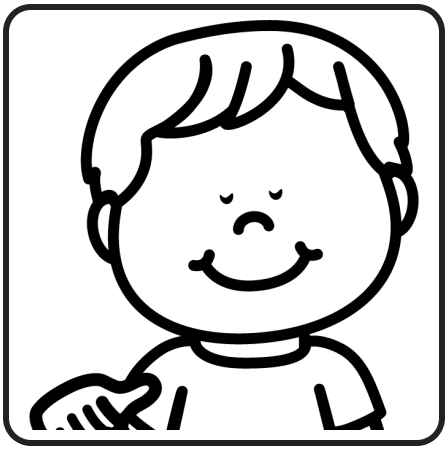


When I feel shy, I can

Draw a time I felt shy.

PREVIEW

My name _____



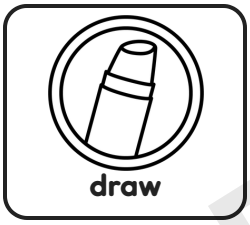
PROUD

Proud is when you feel good about something you did.

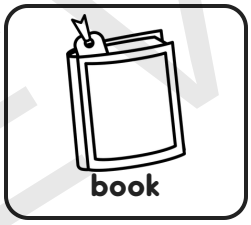
Read. Write. Draw.

I feel proud when

Things I can try









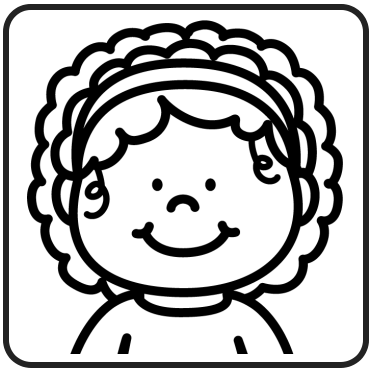


When I feel proud, I can

Draw a time I felt proud.

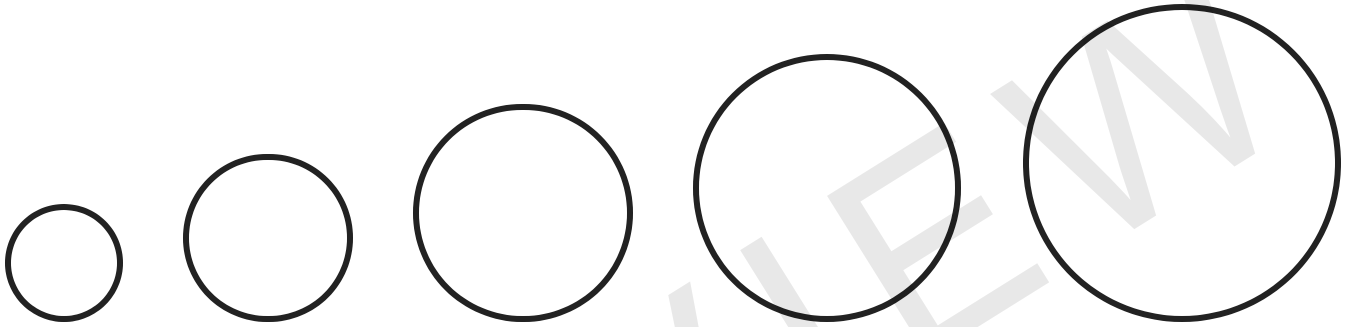
PREVIEW

My name _____



HOW BIG IS MY HAPPY FEELING?

Color one circle to show how big.



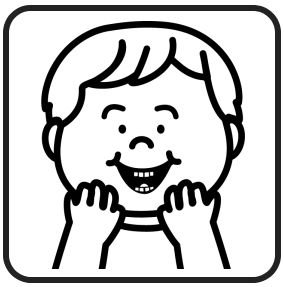
When it is big, I can

When it is small, I can

My face when it is big

PREVIEW

My name _____



IDEAS FOR FEELING EXCITED

Read. Color a box by an idea to try.

1. Take a few deep breaths. ☐
2. Jump or stretch quietly. ☐
3. Tell a friend what you are excited about. ☐
4. Draw what you are looking forward to.  ☐
5. Count down the days. ☐
6. Squeeze your hands, then let go.  ☐
7. Do a quiet job to use your energy. ☐
8. Write three words about it. ☐

My own idea

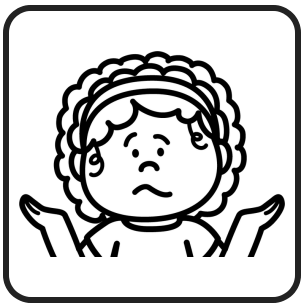
_____

An idea from my teacher

_____

PREVIEW

My name _____



MY PLAN FOR FEELING CONFUSED

Make a plan. Write on the lines.

1 I notice. I feel confused when

_____

_____

2 I try. First, I will

_____

_____

Then, I can

_____

_____

3 I ask. A grown-up who can help me is

_____

_____

4 I check. After I try, I feel

Better	The same	Still working on it

PREVIEW