Nurturing Healthy Emotions

Handout #4
CHILDREN'S WORKSHEET - MY FEELINGS

Write or draw when you feel happy, sad, angry and loved

I feel most happy when	I feel sad when
I feel angry when	I feel loved when
I feel angry when	I feel loved when
I feel angry when	I feel loved when
I feel angry when	I feel loved when
I feel angry when	I feel loved when
I feel angry when	I feel loved when
I feel angry when	I feel loved when
I feel angry when	I feel loved when