

DAILY FEELINGS WORKSHEET

1. How is my body feeling right now?

Color the face that matches how you feel.



2. What helps my feelings settle?

Choose the superpower that helps you feel calm when you're upset!



Shouting/Yelling



Sleeping Bear Breath



Running

3. When I feel angry, I can go to the...

Circle the place where you can practice your calm superpowers!



The Calm Corner!



The Messy Closet!

4. What makes my body feel calm?

Draw one thing that makes your body feel quiet and happy.