

Breathing exercise using your hand



When I'm feeling

This is me when I'm feeling

When I feel _____ I
might also feel:

- -----
- -----
- -----

Someone I can talk to is

All emotions are ok ✓

But not all behaviors are ok ✗

When I am upset, I can try these things to help me feel better:

- -----
- -----
- -----

NAME:

DATE:

MY ULTIMATE COPING PLAYLIST

We go through different positive and negative emotions everyday. It is okay to have all those feelings but we must also find ways to cope.

Fill each box with the title of songs (and their artist) that you think fit the descriptions provided.



FOR AMUSEMENT

a song that gets
stuck in my head

a song I know all
the words to

a song from my favorite
movie or tv series



TO UPLIFT

a song I associate
to freedom

a song that gives
me energy

a song I'd like to
wake me up



FOR DIVERSION

a song that makes
me feel safe

a song that helps me
think positively

a song that inspires me

TO DISCHARGE

a song for when you
get anxious worried

a song for when you
get angry or annoyed

a song for when you
feel lonely or afraid



FOR STRONG EMOTIONS

a song that reminds
you of a good memory

a song that makes you
think of a loved one

a song to remind you
that you are loved

Name:

Date:

My Daily Emotions Log

Choose two words from the list to describe how you feel today. Can't find your emotions there? Feel free to use other words.

I think these feelings are:

- both positive positive and negative
 negative and positive both negative

I feel this way because _____

What can cheer you up or help you stay happy today? Draw them below.

EMOTIONS LIST

angry
annoyed
anxious
ashamed
awkward
brave
calm
cheerful
chill
confused
discouraged
disgusted
distracted
embarrassed
excited
friendly
guilty
happy
hopeful
jealous
lonely
loved
nervous
offended
scared
thoughtful
tired
uncomfortable
unsure
worried





WORD SEARCH

When My Dad Went....

K S Y G N D C R Y R L H E I V
W H E E L C H A I R O T W N F
F B G U N V I O L E N C E T A
S G R Q Z T D O C T O R V E M
H U A A L X O T D M U F N N I
S H R O I P F R I E N D S S L
U H J V D N M B M Z D C B I Y
R O N C I S I D S W F O T V L
G S Q A B V D N Z Z S M U E G
E P J F L M O Z J X G A C C N
R I F V W B E R S U F E Q A U
Y T A P C Z Z Z H N R J Y R R
W A I T I N G R O O M Y H E S
S L W O P A R A L Y Z E D L E
U W F N E N P B D P J Z J B D

intensive care

wheelchair

surgery

nurse

brain injury

paralyzed

doctor

coma

waiting room

friends

hospital

gun violence

survivor

family