

Feelings lesson worksheet

Name: _____ Date: _____

Instructions: Complete this worksheet as you move through the Feelings lesson.

1. What are three healthy things you can do when you're in a situation that is making you angry?

a. _____

b. _____

c. _____

2. What are three things you could do when you're worried?

a. _____

b. _____

c. _____

3. What is anxiety?

4. What is empathy?

5. What is compassion?

6. List three ways you can show compassion to someone.

- a. _____
- b. _____
- c. _____