

Mosswood Connections

What I Feel, When do I Feel That Way and What I Can Do With That Feeling

Directions: Mark the "Feelings" Box with the color that matches your feeling. You can use colored stickers (works on using thumb and forefinger), mark it with "X", (Works on vision and crossing midline.) or color in the square (works on fine motor control). In the next column tell what and when this happened. You can include why you had that feeling using dictation, pictures or words. Fill in the last column with strategies to help with some of the stronger emotions. On the next page are options for handling your emotions.

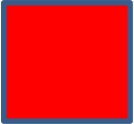

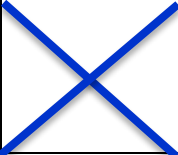


Feeling

What happened? When did it happen?

What should you do?



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	I felt angry after school when I said I wanted ice cream and my Mom said that I can only eat healthy food. I wanted to scream and Yell!	I can: Take a break to calm down or Take deep breaths or Listen to music or Do jumping jacks or Take deep breaths
	I felt happy when my friend asked me to play tag during lunch recess.	I can: Say thank you Smile and say YES! Be friendly
	I felt sad when no one would play tag with me during lunch recess. I asked 4 kids and they all said no. They wanted to play basketball, go on the play structure or play 2 square.	I can: Choose to play the game that they want. If they won't play with me I can ask a grown up for help.
	I felt frustrated during math times. The work was really hard and I started to feel upset.	I can: Ask for help, take deep breaths, keep telling myself that I can do it, take a break.
	I felt soooo proud when I did my homework all by myself today.	I can: Enjoy the feeling!