




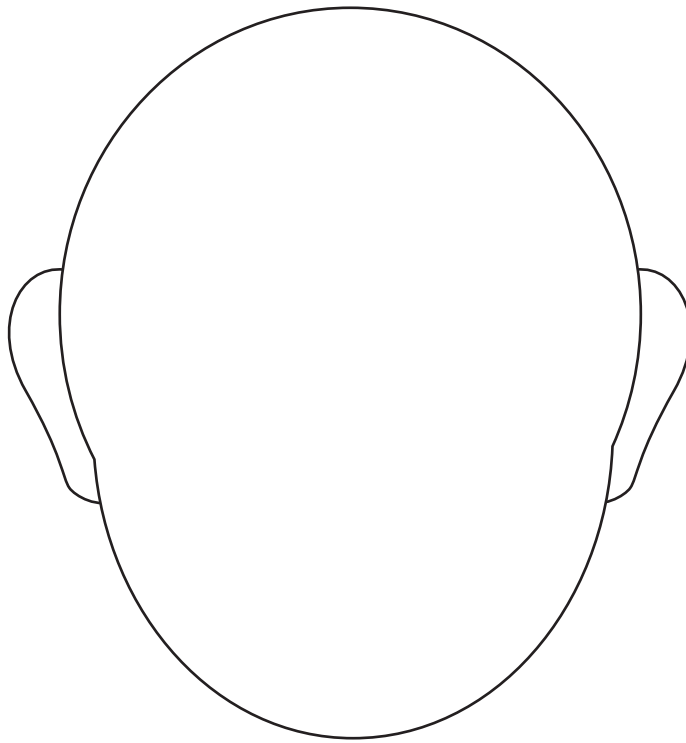
Commissioned by  




Name: \_\_\_\_\_

## MANAGING EXTREME EMOTIONS

Draw and write about the different feelings you have experienced during the quarantine. (See attached feelings word bank if needed.)



I felt \_\_\_\_\_ when \_\_\_\_\_

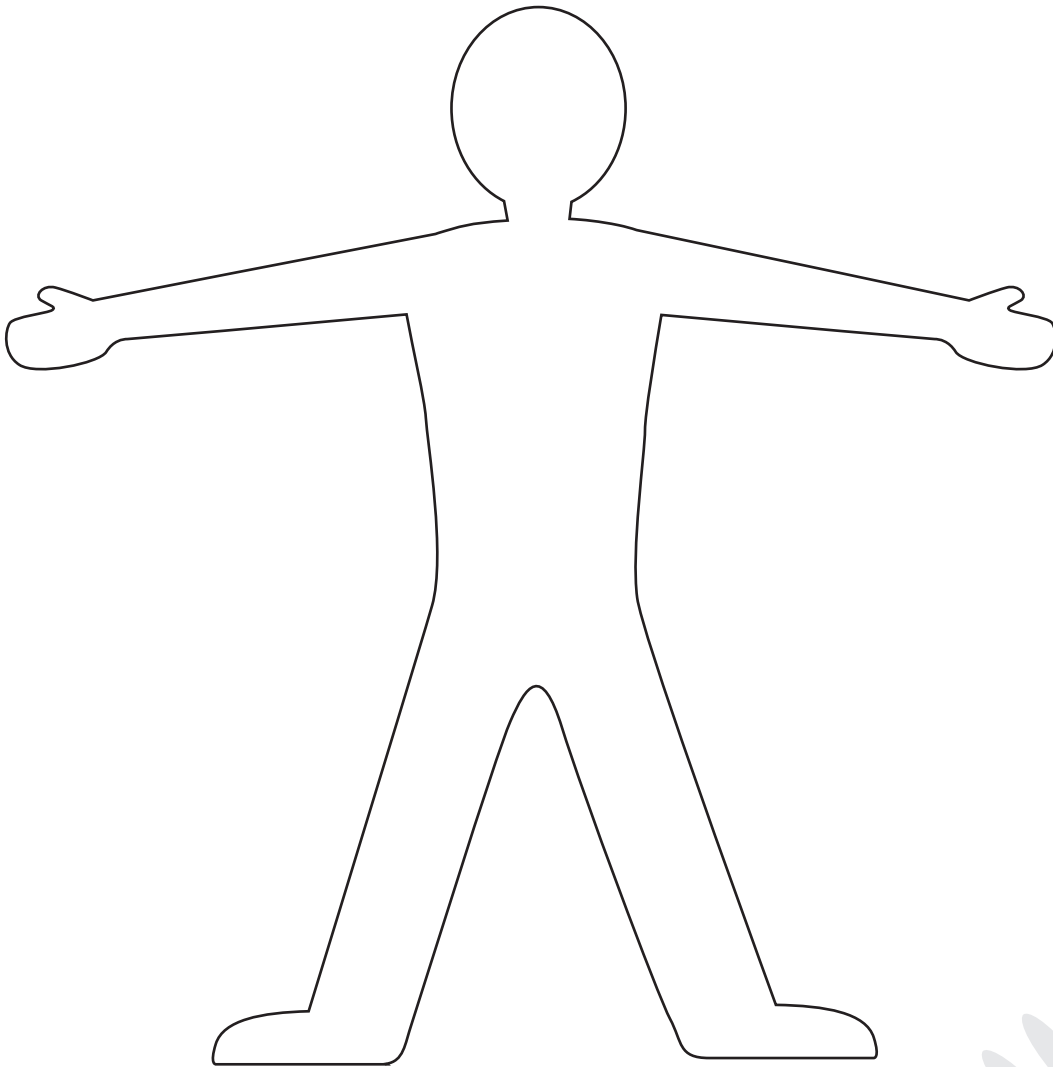
and I wish \_\_\_\_\_.

I felt \_\_\_\_\_ when \_\_\_\_\_

and I wish \_\_\_\_\_.



Color in your body where you feel extreme (big) emotions.



When I feel an extreme (big) emotion in my body, I know a big reaction may be coming.

**WHEN THIS HAPPENS I CAN...**

- Take a deep breath
- Say how I feel
- Take a break in a quiet space
- Determine the size of my problem

## How Big is My Problem?

Are these problems **Big**, **Medium**, **Small**, **Tiny** or **No Problem at all**? Answers may vary and that's ok. Write or color your responses below.

I need a pencil or eraser. \_\_\_\_\_

I feel a little bit sad. \_\_\_\_\_

Someone is being mean to me. \_\_\_\_\_

I am playing with my friends. \_\_\_\_\_

I am too hot or too cold. \_\_\_\_\_

I am hurt. \_\_\_\_\_

I am hungry or thirsty. \_\_\_\_\_

I am having fun. \_\_\_\_\_

I am nervous. \_\_\_\_\_

There is an emergency. \_\_\_\_\_

I can do my school work. \_\_\_\_\_

I CAN

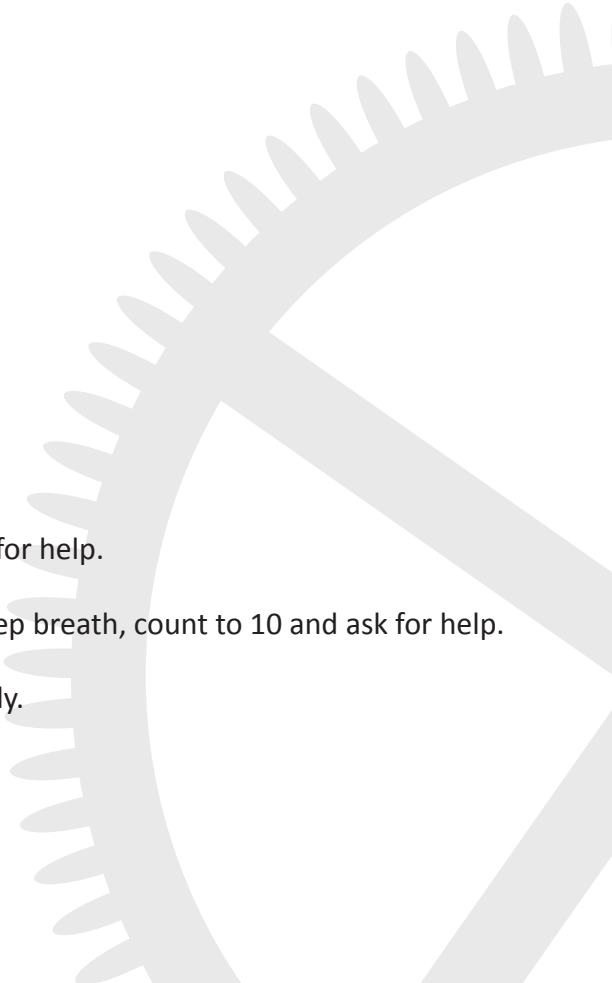
**No Problem** (green) - I can feel happy and enjoy my day.

**Tiny Problem** (blue) - I can feel annoyed and fix the problem.

**Small Problem** (yellow) - I can feel worried and confused and ask for help.

**Medium Problem** (orange) - I can feel sad or frustrated, take a deep breath, count to 10 and ask for help.

**Big Problem** (red) - I can scream, cry, and get an adult immediately.



## FEELINGS WORD BANK

Happy	Worried	Unsafe	Grateful	Brave
Hurt	Frustrated	Afraid	Tired	Sad
Peaceful	Angry	Surprised	Confused	Proud
Safe	Excited	Grumpy	Joyful	Alone
Lonely	Hopeful	Embarrassed	Anxious	Loved

## 3RD GRADE - 5TH GRADE FEELINGS WORD BANK - EXTENSION

Content	Ashamed	Disappointed	Irritated
Depressed	Annoyed	Creative	Insecure
Distant	Vulnerable	Isolated	Overwhelmed
Helpless	Secure	Hopeful	Relieved
Optimistic	Appreciated	Miserable	Resentful

