| Name: | Date: |
|-------|-------|
|-------|-------|

SORTING OUT AND UNDERSTANDING MY EMOTIONS



By noticing and understanding my emotions I will learn to regulate them.

| Emotion | what body feels when I have this emotion | what makes me feel this emotion |
|-----------|---|---------------------------------|
| | | |
| happy | | |
| C | | |
| sad | | |
| angry | | |
| scared | | |
| surprised | | |
| surprised | | |