Feelings Checklist

Talk about a time when you felt...

☐ Mad  ☐ Sad  ☐ Happy  ☐ Scared

What do you do when you feel...

☐ Mad  ☐ Sad  ☐ Happy  ☐ Scared

How can you help someone who feels...

☐ Mad  ☐ Sad  ☐ Happy  ☐ Scared