

Meet Your Emotions

A Worksheet to Help Kids Befriend Their Feelings



Instructions:

Draw or write about the emotions you feel most often. Give each one a name and personality! Here are some examples:

Emotion Name	What it feels like in my body	What it acts like	What I want to say to it
Walter Worry	Tight chest, sweaty hands	Pacing around	"I see you, but I've got this."
Angry Andy	Hot face, clenched fists	Yells and stomps	"You can stay, but I'm going to take deep breaths."
Sad Sally	Heavy eyes, slow body	Cries quietly	"It's okay to feel sad. I'm here."

Now try it yourself:

	Emotion Name	What it feels like in my body	What it acts like	What I want to say to it

Extra credit:

 Draw a face or body for each emotion!


“What Would You Say to Your Emotion?”

Instructions:

Pick one of your emotion characters and practice talking to them like a friend. Fill in the blanks below:

- Today I felt: _____
- I call it: _____
(e.g., Nervous Nate, Excited Ellie)
- It showed up when: _____
- I said to it: _____
- What I want to do now is: _____
- Who I want to hang out with instead:

Extra Credit:

 Draw what it looks like when you talk back to your emotion with confidence!

Emotions Are Visitors

**You can say “Hi,”
But you don’t have to let them take over.**

- ✓ I can name what I feel**
- ✓ I can choose who I want to spend time with**
- ✓ I can stay calm and confident**



**This mind belongs to: _____
(child's name)**