

Start here: Circle 3–5 emotions you recognise or are feeling now



Motivated	Excited	Loved	Happy	Proud	Curious
Frustrated	Overwhelmed	Confused	Stressed	Lonely	
Dissappointed	Guilty	Anxious	Nervous	Jealous	Angry

Which feeling shows up most for you lately? _____

I feel this when:

.....

Choose 1 feeling from above.

What does this feeling mean?
(What is it like? When might someone feel this?)

When have you felt this?
(This can be general or an example)

☐ I find this feeling easy to deal with ☐ I find this feeling difficult to deal with ☐ I'm not sure yet

One thing that helps when I feel this way is:

If your feeling was something you could see or hold:

It feels (e.g. heavy, light, fast, slow):

What does your feeling look like?
(draw or describe)

What does your feeling feel like?
(e.g. heavy, light, fast, slow)

DRAW

DESCRIBE

You can keep your answers private. You do not need to share.

Sometimes our brains repeat the same thought over and over. This can make a problem feel bigger. Thoughts are not always facts. Sometimes our brains predict, worry, or imagine outcomes.

Write a small or common thought that repeats in your mind sometimes.
(It does not need to be personal.)



Sometimes our thoughts mix facts with worries or predictions.
Write down a concern, like “I have a test tomorrow,” and note your mind's response, such as “I will fail.”

FACT

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-
-

STORY

-
-
-

Choose one example: If this thought showed up for a friend, what might you say to them?

.....

.....

.....

- ☐ My thoughts feel loud sometimes
- ☐ I overthink situations sometimes
- ☐ I'm learning how thoughts affect feelings

One thing I noticed about my thoughts today:

Small Wins & What We Can Control

Sometimes we can't control everything around us, but small actions, choices, and routines can still help us feel steadier.

SITUATION

"I have a lot of schoolwork and I'm worried I won't finish everything."

OUT OF MY CONTROL

"How much homework I've been given"

WITHIN MY CONTROL

"Asking for help"

Based on the things within your control, what is one small step, action, or reminder that could help?

What are 3 small things that could help in this situation?

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