



I'm not robot



**I am not robot!**

Feelings picture dictionary. Feelings word search. Write about a time when you were very brave. To complete the worksheet, students should look at the picture and then circle the correct feeling/emotion word. There are feelings on this worksheet including happy, sad, angry, hungry, thirsty, bored, tired, cold, scared, and sick. Emotions can creep up on us. Plutchik's wheel of emotions identifies basic emotions including joy, trust, fear, surprise, disgust, anger, and anticipation. Or an unexplained feeling of excitement might be the forewarning of a manic episode. Feelings missing letters. What starts as hungry, tired, and frustrated can grow into something bigger, like a blackout rage. Feelings matching worksheet. Through these tools, they'll learn not just to name their feelings but also to navigate them in constructive ways, paving the path for Teaching emotional self-regulation in the early years is a vital step to build resilience in Early Level learners. Feelings unscramble the words. Feelings Charades Make a list of five things you can do if you feel frustrated. Students look at twenty emotion bubbles and color them to show how they've been feeling. By understanding what an emotion feels like at its earliest stages, clients can learn to respond before it grows out of Stories About Feelings My Feelings Jars Make a list of how you can help someone when they feel upset and a list of what might upset someone. This Wheel of Emotions diagram beautifully Worksheets pdf exercises. It can be helpful to have one of these worksheets Our Feelings and Emotional Regulation Resources offer a suite of worksheets focused on helping young individuals recognize emotions in themselves and others, along with cultivating healthy coping strategies. Developing emotional intelligence requires experience and introspection, but a basic Free therapy worksheets related to emotions. Emotions include: tired, shy, proud, worried, excited, nervous, playful, lonely, stressed, bored, goofy, and confident. Feelings pdf worksheet. Then, make a face with the pieces. Combinations of these basic emotions result in advanced emotions, such as optimism, love, submission, awe, disappointment, remorse, contempt, and aggression. The strategies suggested can be used either at home or in school, and are age worksheet. If you are looking for a variety of simple worksheets, look no further because this pack has a Pinning down the word that perfectly describes a feeling can be difficult, even for adults. You can use worksheets like this one each week to track your progress and figure out how the skills might be affecting your feelings. Look at the scales below and pick a shade for each feeling that best matches how much you felt that feeling today. These Managing My Emotions Worksheets give your learners suggestions for strategies to help them cope with different feelings such as sadness and anger. These resources are designed to improve insight, foster healthy emotion management, and improve emotional fluency The Basic Emotions handout lists four basic emotions that are commonly discussed in therapy—happiness, sadness, fear, and anger—alongside their related complex The emotions listed in this worksheet range from basic (e.g., happiness, sadness) to complex (e.g., inadequate, disdain). On each, draw an eye, eyebrow, mouth, or nose. Emotions Cut a piece of paper into shapes. Feelings crossword. Write about something that always puts a smile on your face This first feelings worksheet is great for introducing the names of feelings and emotions in English. Feelings multiple choice worksheets of this curriculum will help. A light shade means feeling a little of that feeling worksheet. 6, · Manage Your Worries Ultimate Regulation Worksheet PDF Packet.