



WHAT MADE ME...

Name: _____

WHAT HELPED ME FEEL BETTER...

SCARED

DISAPPOINTED

HAPPY



WHAT MADE ME...

Name: _____

SAD

WHAT HELPED ME FEEL BETTER...

ANGRY

THANKFUL



WHAT MADE ME...

Name: _____

FRUSTRATED

WHAT HELPED ME FEEL BETTER...

SHY

EXCITED



WHAT MADE ME...

Name: _____

JEALOUS

WHAT HELPED ME FEEL BETTER...

PROUD

BORED