



MY FEELINGS WORKBOOK

It's OK to have all kinds of feelings.
Learning about them helps you understand yourself
and make good choices.

This workbook is all about you!



WHAT ARE FEELINGS?

Feelings are how your body and mind
react to things that happen.
They can change and that's normal!

Some feelings you might have:



Happy



Sad



Angry



Worried



Shy



Excited



Surprised



Scared



Proud



Calm



Remember: There are no bad feelings.
All feelings are OK!



HOW I FEEL TODAY

Draw or write how you are feeling right now
and why.

Today I feel _____
because _____



Remember: It's good to notice
how you feel.

FEELINGS CHECK-IN

Tick the face that shows how you felt in these moments.

When...	Happy	Sad	Angry	Worried	Excited	Calm
In the morning	☐	☐	☐	☐	☐	☐
At school	☐	☐	☐	☐	☐	☐
With friends	☐	☐	☐	☐	☐	☐
At home	☐	☐	☐	☐	☐	☐
At bedtime	☐	☐	☐	☐	☐	☐



FEELINGS TIP

When you notice how
you feel, you can
choose what to do
next. Take a deep
breath and give
yourself time.



THINGS THAT CAN AFFECT HOW I FEEL



People



Events



Thoughts



Health



Sleep



Activities



Remember: You can't always control what happens,
but you can choose how you respond.

WHAT MAKES ME FEEL GOOD?

Write or draw the things that make you feel happy and calm.



Remember: Do more of the things that make you feel good!



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