

Therapy Worksheet for Kids

My name is: _____

I am: _____

I am feeling:

- ☐ Happy
- ☐ Glad
- ☐ Annoyed
- ☐ Bored
- ☐ Excited
- ☐ Sick

- ☐ Sad
- ☐ Nervous
- ☐ Upset
- ☐ Scared
- ☐ Worried
- ☐ Mad

I felt like this because:

What happens when I am feeling this way:

When I start to feeling this way, these are the steps I should take:

- ☐ Ask for help
- ☐ Take deep breaths
- ☐ Walk away
- ☐ Do something else
- ☐ Talk to a friend
- ☐ Tell an adult