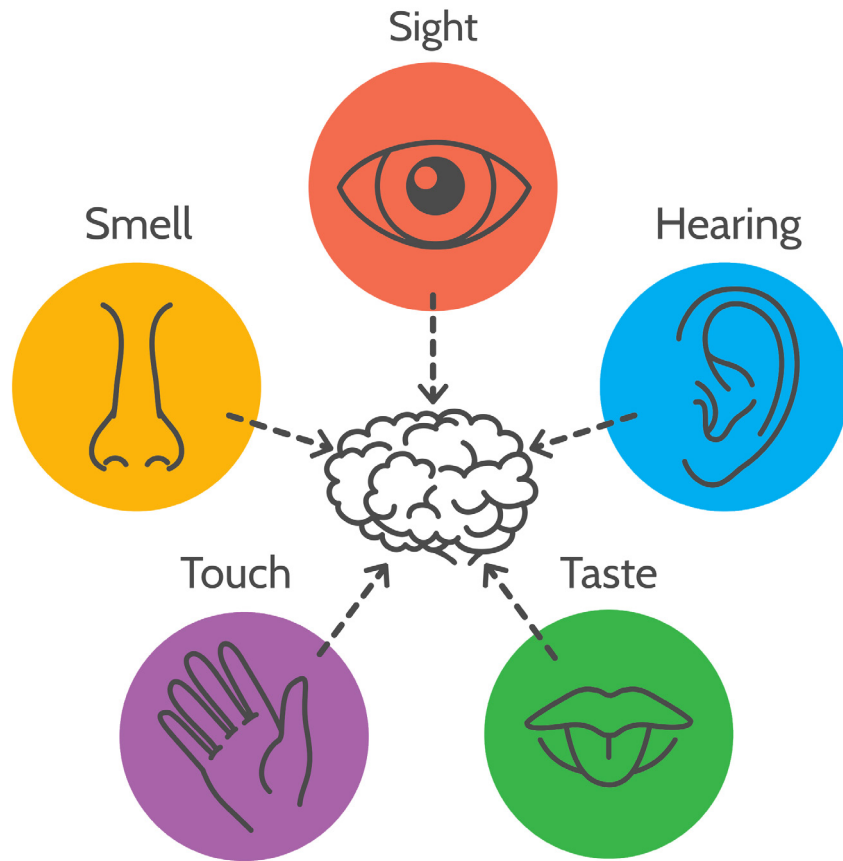


CONNECTING WITH YOUR SENSES



Feeling Anxious or Scared?

Focus on your five senses. See if you can list:

5 things you can see: _____

4 things you can touch or feel: _____

3 things you can hear around you: _____

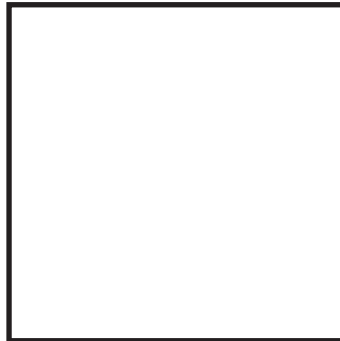
2 things that you smell in the air: _____

1 thing that you can taste: _____

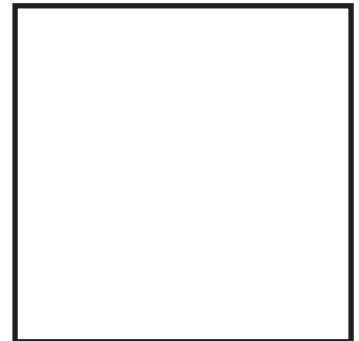
How Do You Express Your Feelings?

Use the boxes below to help you think about what happened when you became angry with someone or something.

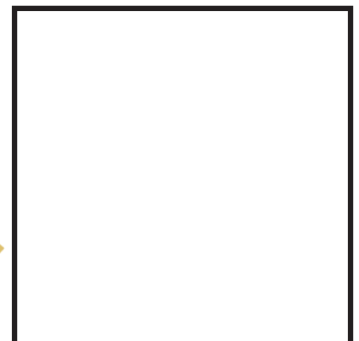
1. What happened to make you feel angry?
Explain the situation.



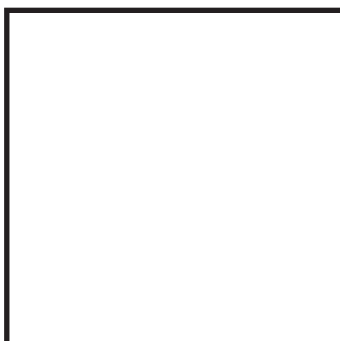
2. What were you thinking as this situation happened?



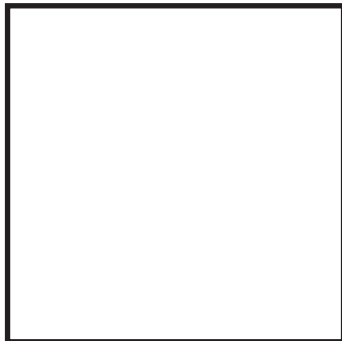
3. What emotions besides anger were you feeling during the situation?



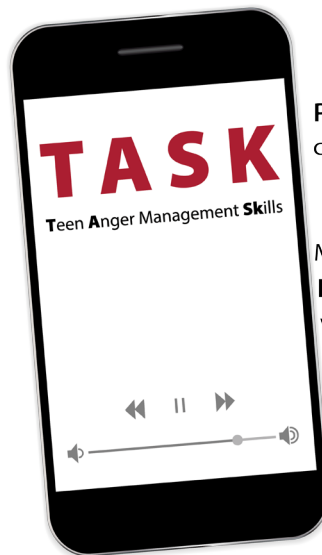
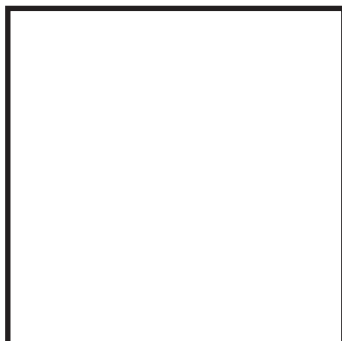
4. How did you respond when you felt these emotions?



6. What will you do to resolve the situation differently?



5. What could you do to cool off after feeling these emotions?



PAUSE and cool down.

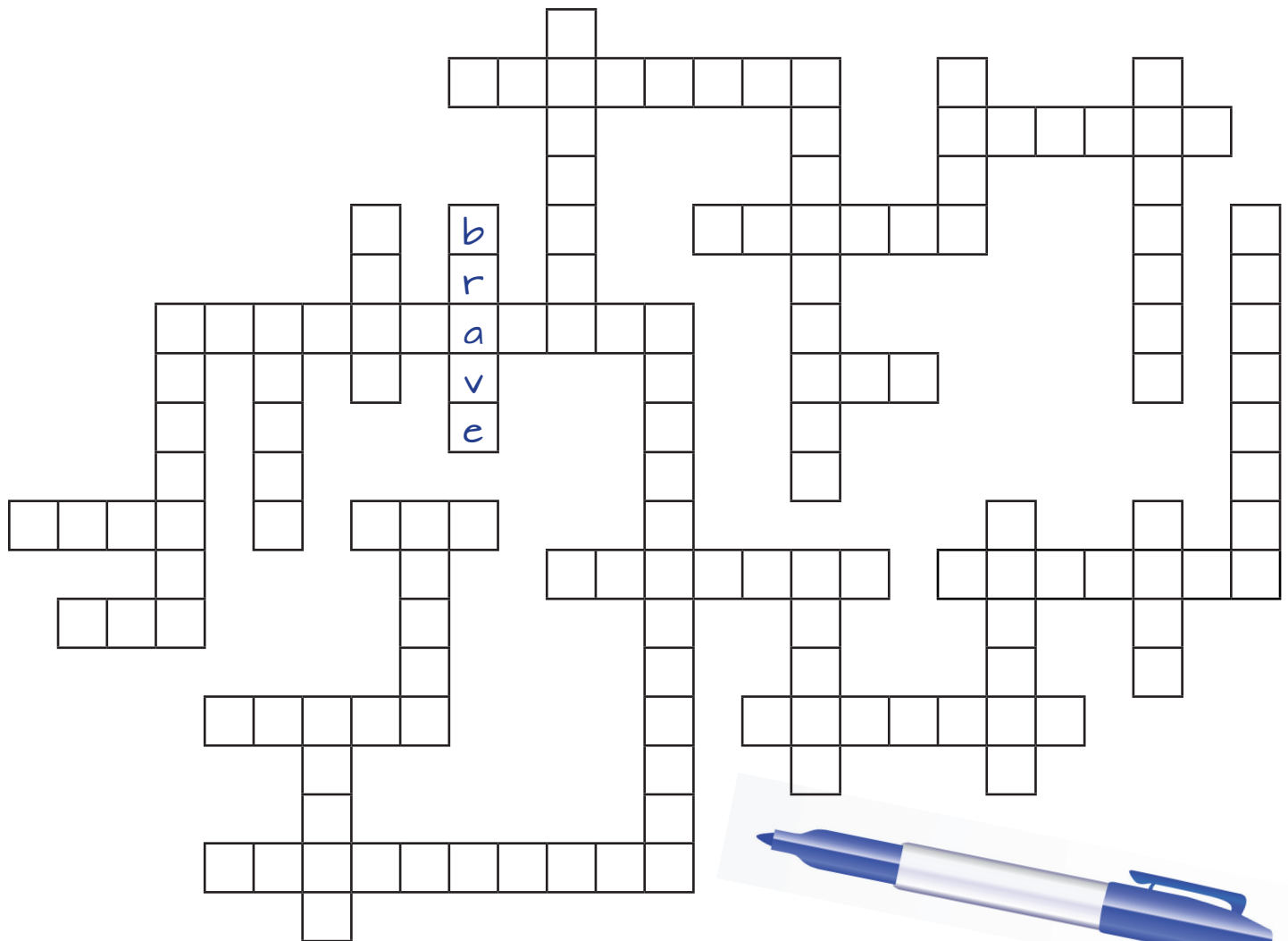
Move **FORWARD** with a plan.

REWIND and Review what you've learned.

SORTING YOUR EMOTIONS

There are so many different emotions we can experience in one day. We've listed some below. What emotions have you felt today?

After you've looked at the words below, see if you can complete this puzzle. It looks like a crossword puzzle, but it's missing the clues. Using the emotions listed, see if you can fit them into the grid by matching the number of letters in a word to the blanks. We've fit in the word "brave" to get you started.



3 Letters

mad
sad
shy

4 Letters

glad
hurt
kind
lost

5 Letters

angry
~~brave~~
bored
happy
proud
upset

6 Letters

afraid
joyful
loving

7 Letters

anxious
excited
hopeful
jealous
unloved
worried

8 Letters

confused
rejected

9 Letters

depressed

10 Letters

frustrated

11 Letters

embarrassed

12 Letters

disappointed

*How do you
feel today?*

*If you're feeling
anxious, worried or even
frightened today, try one
or two of these activities
to help you relax:*

Create a
Gratitude List.
Write down
things that you
are thankful for.

Gather art supplies:
coloured pencils, pens
or markers, plain or
colourful paper.
Create something
that you can put on
your window to make
people smile when
they see it.

Look for a book
or movie that you
loved as a little
kid. Read or
watch it again.

Make a playlist of quiet
relaxing music.
Listen to it.
Allow your body to
relax.

Sit down and take deep
breaths. Breathe in through
your nose for 4 secs, hold
your breath for 4 secs, then
breathe out through your
mouth for 4 secs.
Can you feel yourself begin
to relax?

Add your ideas here:

*Text or call an older
adult.
Chat about how you
are both doing.*