

We are exploring our emotions and how they affect us.

Calm



Sad



Worried



Angry



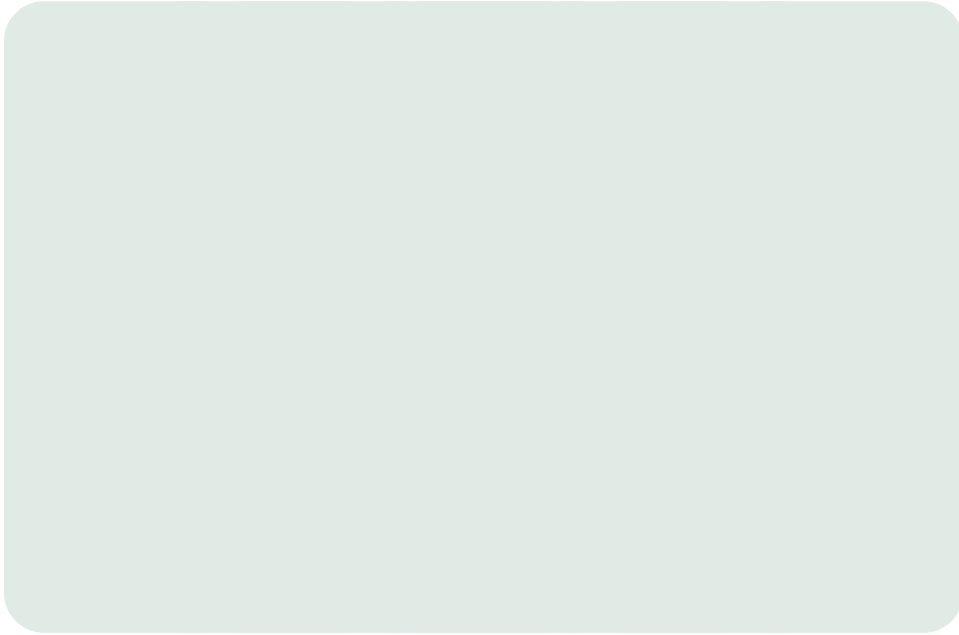
Words that describe me when I am:

Common thoughts I have when I am:

Ways my body reacts when I am:

Regulation strategies to help when I am:

Vocabulary



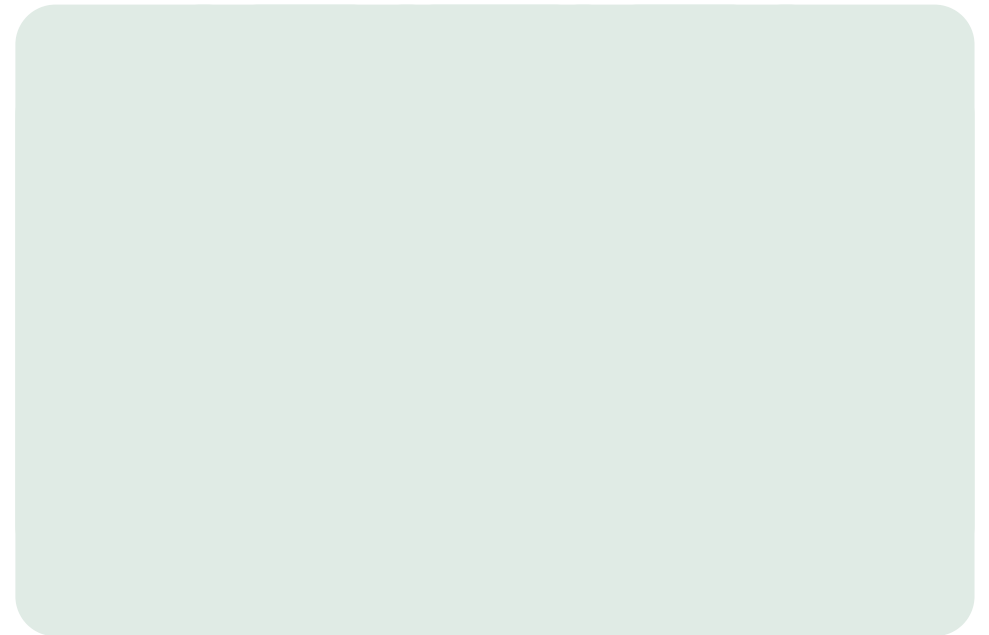
Physical reactions



Thought patterns



Strategies



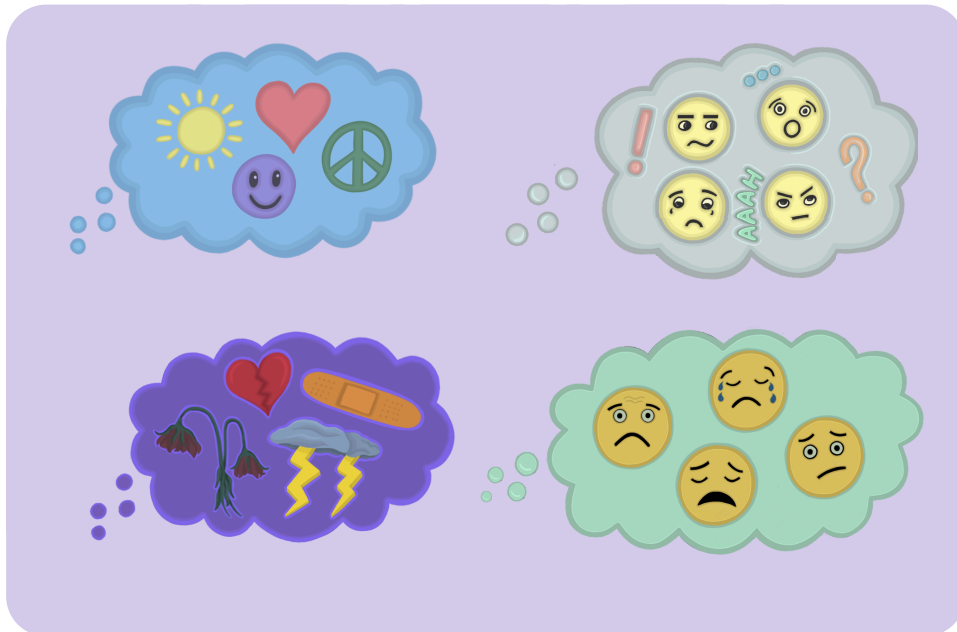
Feelings Vocabulary

Drained	Hurt	Sick
Empty	Fidgety	Sore
Energetic	Pressure	Strong
Flustered	Relaxed	Tense
Heated	Restless	Tingly
Heavy	Shaky	Warm

Physical reactions



Thought patterns



Strategies

