

Emotions Worksheets Bundle



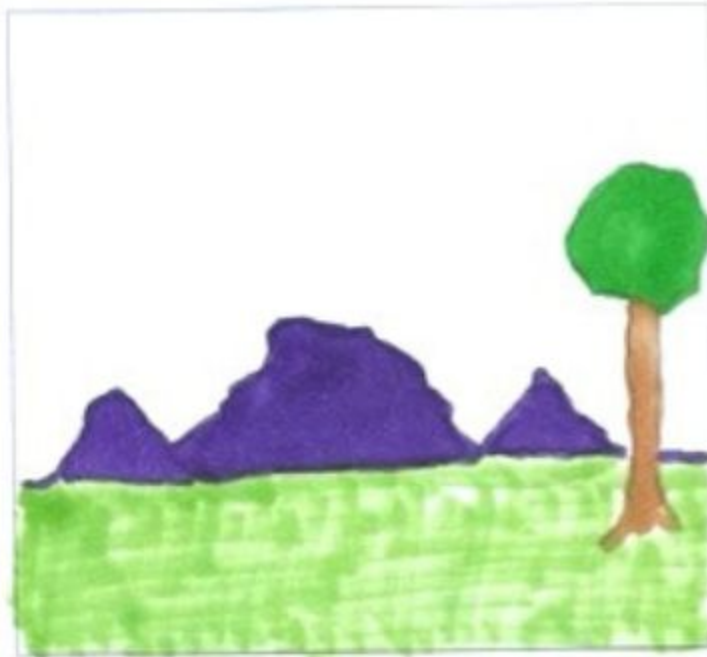
Emotions W o r k s h e e t s Bundle

My Emotions Worksheet:

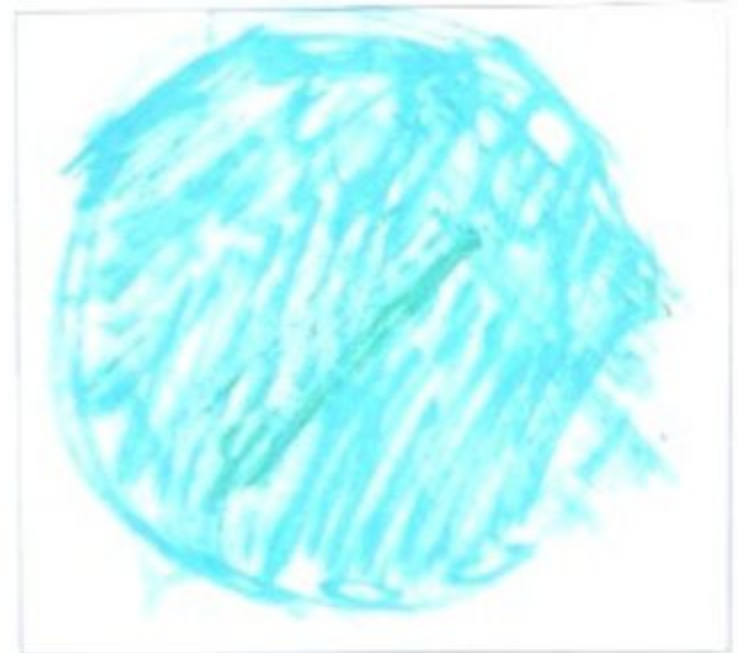
Emotion Word:

Calm

Calm looks like:



Calm Color:



What I can do when I experience being Calm:

- be thankful
- keep breathing deeply



Emotions

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Bundle

My Emotions Worksheet:

Emotion Word:

BRAVE

Brave looks like:



Brave Color:



What I can do when I experience being Brave:

- Say that being brave is hard, but I'm doing it!
- Stand up to my fears
- Breathe deep



Emotions

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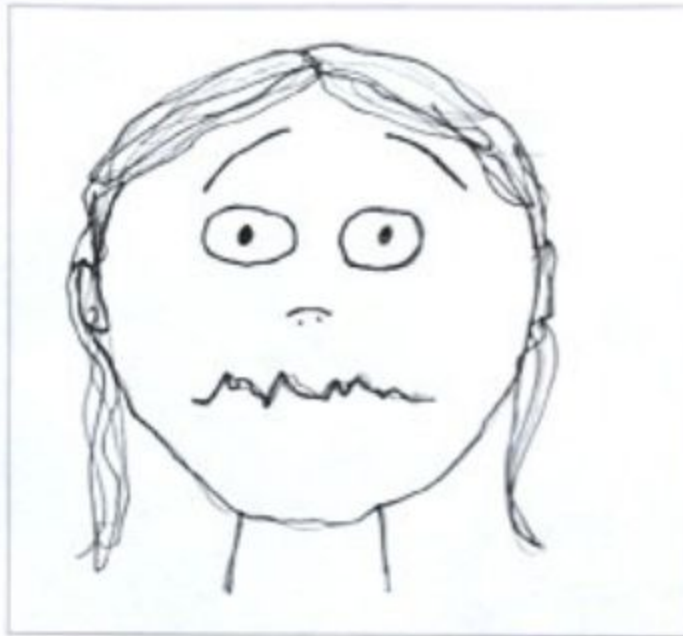
Bundle

My Emotions Worksheet:

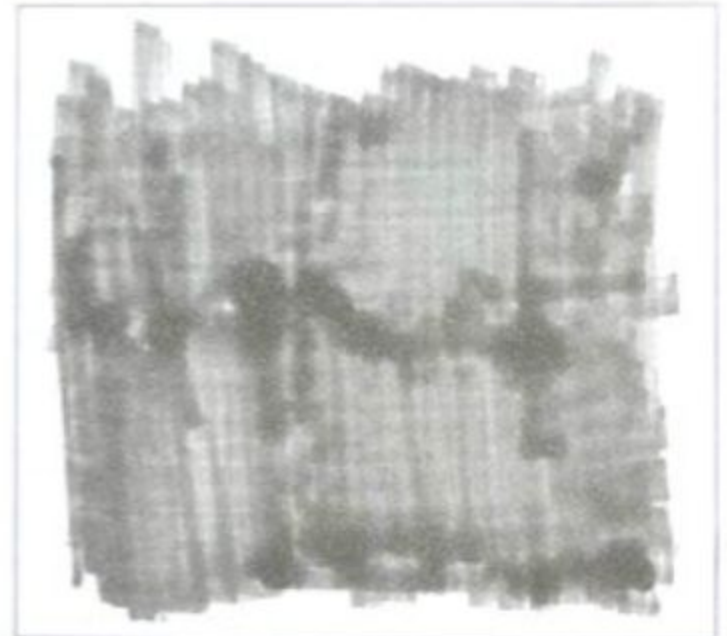
Emotion Word:

NERVOUS

Nervous looks like:



Nervous Color:



What I can do when I experience being nervous:

- Breathe Deep
- Write about being Nervous
- Picture calm things in my head
- See what part of my body Feels Nervous
- Take a walk



You may also love these products:

My Feelings Daily Check in:

My Feelings Daily Check in for students | TPT
([teacherspayteachers.com](https://www.teacherspayteachers.com))

My Emotions Coloring Page Activity:

"My Emotions" coloring page activity by Mary Beth McDonald Art and Illustration ([teacherspayteachers.com](https://www.teacherspayteachers.com))

