

My feelings chart

I feel:

I choose:

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worried



happy



sad



angry



stressed



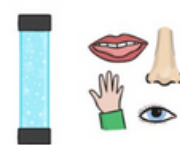
scared



Breathe deeply



Listen to music



Go to the sensory room



Lie on a bean bag



Go for a walk



Talk to the teacher



Talk to a friend



Draw a picture