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# Feelings Memo Worksheet

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## What you need to do

In your feelings memo you write about

- Something that happened
- How it made you feel You can write about
- How strong the emotion was like:
  - How your body felt
  - How your voice changed

## What resources you need

A pen or another device you can use to write

1. You can write down your feelings and thoughts with a pen or type in a digital device.

Our worksheet or any form of diary that you like

2. You will use it to record your thoughts and feelings
3. You should write as detailed as possible

## Action Items


1. Write down what happened.

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2. Did you feel sad, worried, angry or any other types of emotions? Write down how you felt.

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3. How strong was the feeling? What changes did you notice in your face when you felt this way? (write your feelings or draw a picture)

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4. What changes did you notice in your body when you felt this way? What changes did you notice in your voice? (write your feelings or draw a picture)

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5. There are several most common psychological barriers children like you would meet, we have sorted them into two types, now please match your feelings and thoughts with them in the table below:

Personal Perceptions	
feeling ashamed	
lack of interest	
awareness of differences from peers	
not accepting (extent) of disability	
female gender	
previous unpleasant experience	
lack of confidence (fear of failure or being laughed, insulted)	
lack of independence	
fear of injury	
Attitude from others	
Fear of bullying or being excluded	
Stereotype	
Being doubted about your ability	