



## Feelings Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Instructions:** Complete this worksheet as you move through the *Feelings* lesson. You will need to either save the worksheet to your computer or print it out and write in your answers. If you open the worksheet and forget to save it before typing, you will lose all of your work.

1. What are three healthy things you can do when you're in a situation that is making you angry?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

2. What are three things you could do when you're worried?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

3. What is anxiety?

4. What is empathy?

5. What is compassion?

6. List three ways you can show compassion to someone.

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_