

My Feelings Plan

| When I feel this way |  This is what I do |  This is what helps me |
|---|---|---|
|  <p>Confused</p> | | |
|  <p>Angry Stressed</p> | | |
|  <p>Worried Scared Tense</p> | | |
|  <p>Sad Upset</p> | | |
|  <p>Anxious</p> | | |
|  <p>Depressed</p> | | |