



# I FEEL \_\_\_\_\_ WHEN...

Feelings can be seen as visitors. Visitors that come and go, sometimes they stay for a short while. Sometimes they stay for longer.

It helps to try and understand when & why feelings visit...

When do...

I feel \_\_\_\_\_ when \_\_\_\_\_

I feel \_\_\_\_\_ when \_\_\_\_\_

I feel \_\_\_\_\_ when \_\_\_\_\_

I feel \_\_\_\_\_ when \_\_\_\_\_

I feel \_\_\_\_\_ when \_\_\_\_\_

I feel \_\_\_\_\_ when \_\_\_\_\_

I feel \_\_\_\_\_ when \_\_\_\_\_

Happy

Brave

Angry

Excited

Proud

Nervous

Sad