Happy and Sad Worksheet

Is the girl happy or sad?

Are the boys sad or happy?

Is the boy sad or happy?

Is the girl happy or sad?
Coping with Feeling Angry

What could you do when you feel angry?

- Kick the wall
- Talk to a teacher or friend
- Cry
- Go outside
- Rip my clothes
- Scream at everyone
- Think of something nice
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SNS Activity Sheet

happy
happy

angry
sad

calm
happy

happy
sad

sad
sad
Feelings Poster

Sad
Ashamed
Jealous
Tired
Happy
Surprised
Excited
Proud
Angry
Afraid
Nervous