

COPING WITH MY EMOTIONS

Use this worksheet to come up with coping skills for the different feelings below.

1. When I am feeling  angry I can _____

pick a fight
with someone.

exercise or take deep
breaths to calm down.

yell and cause an
argument with someone.

2. When I am feeling  sad I can _____

talk to someone and
express my feelings.

stay by myself and cry
every day.

run away from home
and never come back.

3. When I am feeling  scared I can _____

hide under the
covers.

learn how to change my mood.
e.g. Watch a funny movie or go for a walk.

make others
feel scared too.

4. When I am feeling  hurt I can _____

hurt someone else's
feelings too.

Talk over what you're
feeling with someone.

scream at someone
and hit them.

5. When I am feeling  worried I can _____

smile and hide my
feelings.

go to sleep and
dream about it.

Be positive and focus on
what's good in your life.