LESSON 2 WORKSHEET

1. *When I feel very sleepy or sick, I have \_\_\_\_\_\_\_\_\_\_\_ energy.* Color in the bars to show how much energy you have when you feel very sleepy or sick:
2. How does your body move and act?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. How does your mind feel?
* Slow
* Smart
* Foggy
* Hard to concentrate
* Thinking very fast
* Confused
1. What does your face look like? Circle the sleepy Codi:

|  |  |  |
| --- | --- | --- |
|  |  |  |

1. What might be happening around you to make you feel this way?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What is one thing you could do to try change from feeling sleepy during the day?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

LESSON 3 WORKSHEET



1. *When I feel bored or sad I have \_\_\_\_\_\_\_\_\_\_\_ energy.* Color in the bars to show how much energy you have when you feel bored or sad:
2. How does your body move and act?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. How does your mind feel?
* Slow
* Smart
* Foggy
* Hard to concentrate
* Thinking very fast
* Confused
1. What does your face look like? Circle the sad Codi:

|  |  |  |
| --- | --- | --- |
|  |  |  |

1. What might be happening around you to make you feel this way?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What is one thing you could do to try change from feeling low energy during the day?

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LESSON 4 WORKSHEET

1. *When I feel very worried or fed up, I have \_\_\_\_\_\_\_\_\_\_\_ energy.* Color in the bars to show how much energy you have when you feel tense:
2. How does your body move and act?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. How does your mind feel?
* Slow
* Smart
* Jittery
* Hard to concentrate
* Thinking very fast
* Confused
1. What does your face look like? Circle the worried Codi:

|  |  |  |
| --- | --- | --- |
|  |  |  |

1. What might be happening around you to make you feel this way?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What is one thing you could do to try change from feeling tense during the day?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

LESSON 5 WORKSHEET

1. *When I feel very angry I have \_\_\_\_\_\_\_\_\_\_\_ energy.* Color in the bars to show how much energy you have when you feel very angry and intense:
2. How does your body move and act? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. How does your mind feel?
* Agitated
* Smart
* Foggy
* Hard to concentrate
* Thinking very fast
* Confused
1. What does your face look like? Circle the angry Codi:

|  |  |  |
| --- | --- | --- |
|  |  |  |

1. What might be happening around you to make you feel this way?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What is one thing you could do to try change from feeling intense during the day?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Name some quiet places you could go for a little break to help you feel more calm and happy:

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LESSON 6 WORKSHEET

1. *When I feel calm, I have \_\_\_\_\_\_\_\_\_\_\_ energy.* Color in the bars to show how much energy you have when you feel calm and happy:
2. How does your body move and act?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. How does your mind feel?
* Slow
* Good
* Jittery
* Ready to concentrate
* Thinking very fast
* Relaxed
1. What does your face look like? Circle the happy Codi:

|  |  |  |
| --- | --- | --- |
|  |  |  |

1. What are some things that make you happy?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What is one thing you do that makes you feel calm?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_