

Name: _____

KEEP IT- CALM IT – COURAGE IT FEELINGS

KEEP IT! Positive Feelings	CALM IT! Negative Feelings	COURAGE IT! Anxious Feelings
<ul style="list-style-type: none">• happy• excited• proud• joyful• grateful	<ul style="list-style-type: none">• mad• frustrated• disappointed• embarrassed• hurt	<ul style="list-style-type: none">• worried• nervous• anxious• uncertain
Once I felt _____ when _____ _____ _____ _____ _____	Once I felt _____ when _____ _____ _____ _____ _____	Once I felt _____ when _____ _____ _____ _____ _____

Reflection... One thing I learned about my feelings is...
