

feelings roll & respond

1

When I feel
angry,
I notice...

When I feel
angry,
I need...

When I feel
angry,
I can...

2

When I feel
frustrated,
I notice...

When I feel
frustrated,
I need...

When I feel
frustrated,
I can...

3

When I feel
worried,
I notice...

When I feel
worried,
I need...

When I feel
worried,
I can...

4

When I feel
excited,
I notice...

When I feel
excited,
I need...

When I feel
excited,
I can...

5

When I feel
lonely,
I notice...

When I feel
lonely,
I need...

When I feel
lonely,
I can...

6

When I feel
surprised,
I notice...

When I feel
surprised,
I need...

When I feel
surprised,
I can...