

My Feelings

Name

Connecting feelings with actions. Complete these sentences and the write 2 more of your own choice.

1. When I feel happy, I			
2. When I feel upset, I			
3. When I feel discouraged, I			
4. When I feel satisfied, I			
5. When I feel		Y	
6. When I feel			
Go back through your list – which respon	ses are verbal? Which are	non-verbal?	
VERBAL	NON-VERBAL		