FREE WORKSHEET FOR TEENS

What's going on inside?

A feelings check-in. Feelings aren't good or bad. They are information about what you need. Naming them is the first step to handling them.

Right now I feel... (circle all that fit)

Happy	Calm	Excited	Proud	Grateful	Hopeful
Bored	Tired	Stressed	Worried	Nervous	Lonely
Sad	Left out	Embarrassed	Frustrated	Angry	Overwhelmed
Jealous	Confused	Numb	Hurt	Disappointed	Something else

Where do I feel it in my body?

e.g. tight chest, stomach ache, heavy, shaky, hot face

What happened before I felt this way?

What is this feeling telling me I need?

e.g. rest, space, a hug, to be heard, food, to fix something

Who could I talk to about it?

a friend, parent, teacher, coach, counsellor, youth leader

Things that might help

- ☐ Music that matches or lifts my mood
- ☐ Writing or drawing it out
- ☐ A shower and an early night
- ☐ Slow breathing: in for 4, out for 6
- ☐ Going for a walk or shooting hoops
- ☐ Talking to someone I trust
- ☐ Putting my phone away for a while
- ☐ Doing something kind for someone

Need to talk to someone right now?

Kids Help Phone: call **1-800-668-6868** or text **CONNECT to 686868**, any time, free and confidential. You can also call or text **9-8-8**. In an emergency, call 9-1-1.