



My Feelings

Name _____

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

1. When I feel happy, I _____

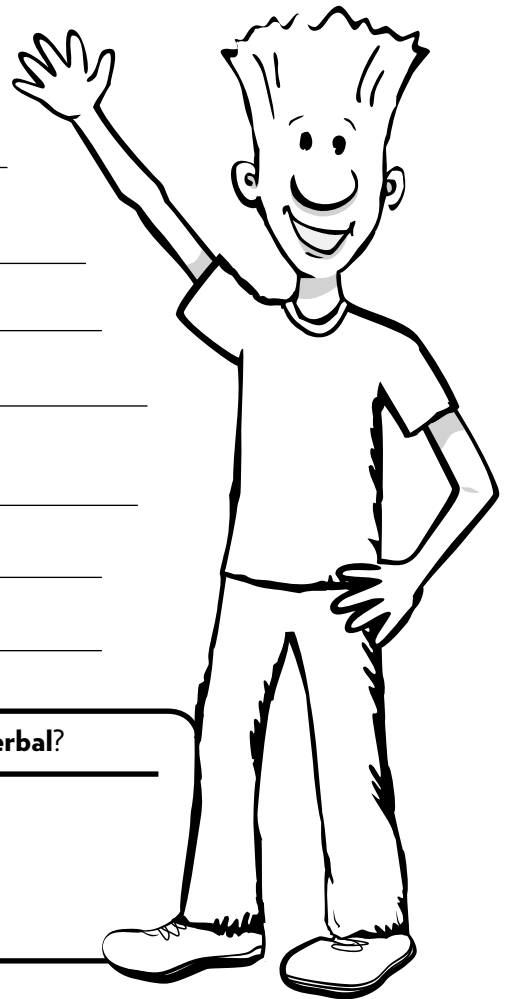
2. When I feel upset, I _____

3. When I feel discouraged, I _____

4. When I feel satisfied, I _____

5. When I feel _____

6. When I feel _____



Go back through your list – which responses are **verbal**? Which are **non-verbal**?

VERBAL

NON-VERBAL