

How Am I?

"Fine" Won't Cut It. There is Strength in Identifying my Emotions.

You may be sick of your parents and loved ones asking you, "How are you doing?"

"Fine" or "Good" are easy answers, but they're not very helpful to you or the person asking.

There is a hidden strength in being able to know what emotion you are feeling and communicating it to others. Use this sheet to help you identify what you may be feeling, then take it to the next step and think about why.



Sad



Frustrated



Happy



Angry/ Mad



Nervous



Sick



Worried



Tired



Content



Surprised



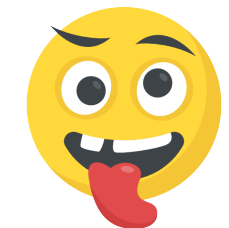
Confused



Disappointed



Excited



Silly/Goofy



Bored



Disgusted



Lonely



Focused



Shocked



Out of Control

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