



# COPING WITH FEELINGS


Use this worksheet to come up with coping skills for the different feelings below!

When I'm feeling  I can \_\_\_\_\_.


Something that makes me feel angry is \_\_\_\_\_.

When I'm feeling  I can \_\_\_\_\_.


Something that makes me feel sad is \_\_\_\_\_.

When I'm feeling  I can \_\_\_\_\_.

Something that makes me feel scared is \_\_\_\_\_.

When I'm feeling  I can \_\_\_\_\_.

Something that makes me feel hurt is \_\_\_\_\_.

When I'm feeling  I can \_\_\_\_\_.

Something that makes me feel worried is \_\_\_\_\_.



© 2020 Mylemarks LLC. All Rights Reserved.

For more resources, visit [www.mylemarks.com](http://www.mylemarks.com) | Illustrations by Pigknit <https://www.teacherspayteachers.com/Store/Pigknit>