# **ONLINE EDUCATION**



## **Befriending the anxious mind – mindfully**

- angry bored scared worried happy peaceful a. d. e. f.
- 1. Label the pictures with the emotions you see.

### 2. Look at the table of emotions, how your body feels, and where you feel the emotion. Make sentences to describe how you feel.

When I feel	my body feels	and I feel it in my
angry	energetic	back
bored	heavy	chest
happy	light	eyes
peaceful	tired	head
scared	shaky	knees
worried	sleepy	legs
		neck
		shoulders
		stomach

### Example:

When I feel angry, my body feels heavy, and I feel it in my chest.

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3. Look the different situations and complete the sentences by describing when you feel these emotions.



1.	I feel angry when I
2.	I feel bored when I
3.	I feel peaceful when I
4.	I feel scared when I
	I feel happy when I
6.	I feel worried when I
7.	I feel when I
8.	I feel when I

4. In pairs, make a list of the things that make you feel good. Tell your partner how these different situations make you feel.

#### Example:

When I play with my dog, I feel happy. My body feels light and my neck and shoulders feel relaxed.

