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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1

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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.

