

Befriending the anxious mind – mindfully

1. Label the pictures with the emotions you see.

angry bored happy peaceful scared worried



a. _____ b. _____ c. _____



d. _____ e. _____ f. _____

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.

Worksheet: Beginner to Intermediate

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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 _____
5. 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.