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.

<table>
<thead>
<tr>
<th>When I feel ...</th>
<th>... my body feels ...</th>
<th>... and I feel it in my ...</th>
</tr>
</thead>
<tbody>
<tr>
<td>angry</td>
<td>energetic</td>
<td>back</td>
</tr>
<tr>
<td>bored</td>
<td>heavy</td>
<td>chest</td>
</tr>
<tr>
<td>happy</td>
<td>light</td>
<td>eyes</td>
</tr>
<tr>
<td>peaceful</td>
<td>tired</td>
<td>head</td>
</tr>
<tr>
<td>scared</td>
<td>shaky</td>
<td>knees</td>
</tr>
<tr>
<td>worried</td>
<td>sleepy</td>
<td>legs</td>
</tr>
</tbody>
</table>

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.

- lose at a game
- go shopping
- take a test
- play with my friends
- do homework
- go to the park
- play music and dance
- talk in front of people

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.