

Bottled Up Worksheet

Directions: Below is a list of examples from different scenarios where someone felt sad. Using those scenarios, write “A”, “B”, or “C” to match them with the “Sharing How I Feel and What to Say” and “What Can I Do to Feel Better” sections.

How I Feel, and Why:

- A. I feel sad because my best friend moved away and I miss them.
- B. I feel sad because my pet died.
- C. I feel sad because I am having a hard time making friends.

Sharing How I Feel and What to Say:

_____ “I really loved my pet and I’m not use to him being gone; I miss him a lot.”

_____ “I didn’t know who to play with at recess today, so I asked someone from class if I could play with them”

_____ “Mom/Dad, I’m sad that my friend moved away, what will I do without them?”

What Can I Do to Feel Better?

_____ I can find something to play by myself, ask the teacher if I can help with something during recess, or ask someone if I can play with them:

_____ I can call my friend, or we can start writing letters to each other.

_____ I can print some photos of my pet to frame or make a scrapbook with, I can find something to do when I get sad that will help take my mind off missing him.