



# July Worksheet:

Feelings can be overwhelming, and at time we feel as if we are juggling our emotions. List some of the feelings that you juggle in the balls below.



- WORD BANK**
- AFRAID
  - BORED
  - CARING
  - CONFUSED
  - DIFFERENT
  - DISAPPOINTED
  - EXCITED
  - EMBARRASSED
  - EXHAUSTED
  - FUNNY
  - FRIGHTENED
  - GUILTY
  - HAPPY
  - HOPELESS
  - HURT
  - IGNORED
  - IMPORTANT
  - JEALOUS
  - KIND
  - LONELY
  - LOVED
  - MAD
  - MEAN
  - NICE
  - NERDY
  - PLAYFUL
  - PROUD
  - QUIET
  - SAD

## Feelings

All feelings are okay; they are neither good nor bad, they just are. Some feelings are comfortable and some are uncomfortable. Using alcohol or drugs can be an unhealthy way for people to manage their feelings. People sometimes start drinking or using drugs to change the way they feel or to relieve uncomfortable feelings and make them go away temporarily.



# Just 4 Kids

What feelings do you suppose each person is experiencing? Why do you suppose they are having those feelings?

Depressed Excited Happy Hurt Loved Mad Scared Stressed Surprised Worried



Feeling: \_\_\_\_\_  
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Feeling: \_\_\_\_\_  
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Feeling: \_\_\_\_\_  
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Feeling: \_\_\_\_\_  
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