



Name _____

Understanding Feelings pt 1

Exploring Feelings:

Define depression and fear in simple terms.

Signs and Symptoms:

Draw pictures that represent signs of feeling depressed or fearful.



PREVIEW

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Expressing Feelings:

Write ways to express feelings of depression or fear.





Name _____

Understanding Feelings pt 2

Coping Strategies:

Draw or list things that can help when feeling sad or scared.



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Refle

Draw

sad or scared. Explain the differences.

eling