

# MY RANGE OF EMOTIONS

We all experience a range of emotions. Connecting emotions to previous experiences at home, at school and with friends will help you become more aware of some of your everyday emotions. Fill in the blanks below.

I am happiest when \_\_\_\_\_

I feel proud when \_\_\_\_\_

I get bored when \_\_\_\_\_

I feel safe when \_\_\_\_\_

I feel peaceful when \_\_\_\_\_

I get excited when \_\_\_\_\_

I get worried when \_\_\_\_\_

I feel frustrated when \_\_\_\_\_

I feel sad when \_\_\_\_\_

I feel encouraged when \_\_\_\_\_