

**WHAT
COLOR
ARE MY FEELINGS?
WORKBOOK**

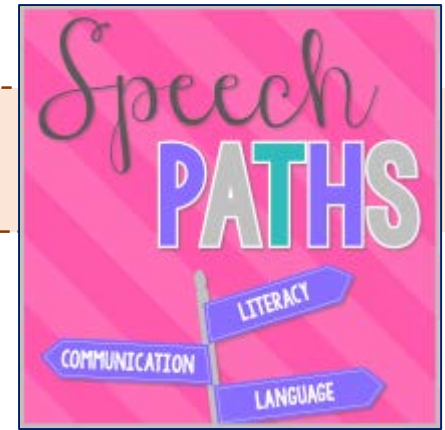
Middle School Edition

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Speech Paths**



Created
by

Daria O'Brien



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---Daria

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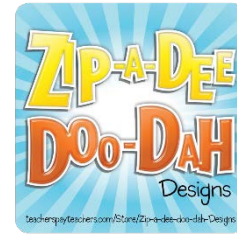
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WHAT

COLOR

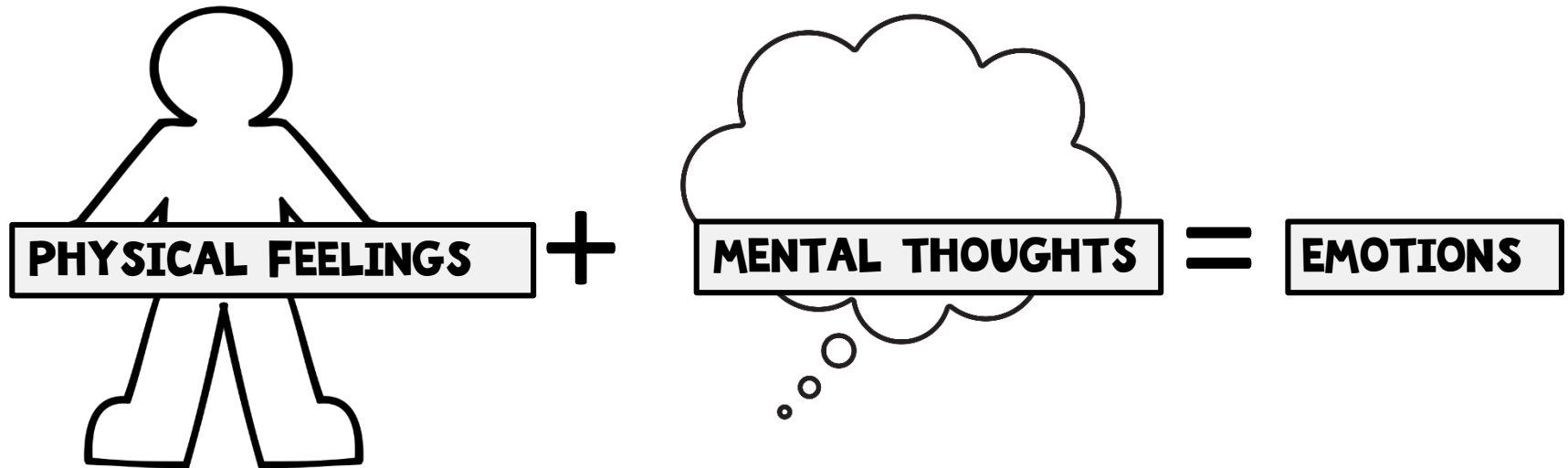
ARE MY FEELINGS?

WORKBOOK

Name: _____

Understanding Feelings and Emotions

Emotions are a combination of:



Emotions or feelings are different for everyone. Emotions can be labeled with words that help you—and others—understand what you are feeling. These feelings can be put into "emotion areas" or categories.



**CUT OUT THE WORDS ON PAGES 7 & 8.
GLUE THEM ONTO THE
EMOTION AREA OR CATEGORY THAT MAKES SENSE TO YOU.**

Classifying Emotions: Cut apart and sort into categories (use sorting mats).

alarmed	horrified	delighted
relaxed	anxious	aggravated
thrilled	frustrated	lonely
sorry	relieved	helpless
weary	elated	content

Classifying Emotions: Cut apart and sort into categories (use sorting mats).

enraged	astonished	gloomy
positive	irritated	embarrassed
humiliated	confident	enraged
miserable	left out	exhausted
furious	ecstatic	hopeful

- Calm state of alertness
- Body & brain comfortable
- In CONTROL of emotions and behavior

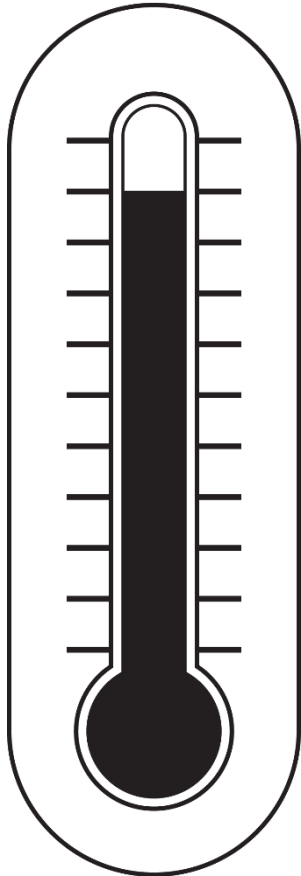
Classifying Emotions: Sorting Mat

- Low state of alertness
- Body & brain moving slowly

- Heightened state of alertness
- Body & brain moving quickly
- In CONTROL of emotions and behavior

- EXTREMELY heightened state of alertness
- Body & brain moving rapidly
- Out of CONTROL of emotions and behavior

Feelings Thermometer

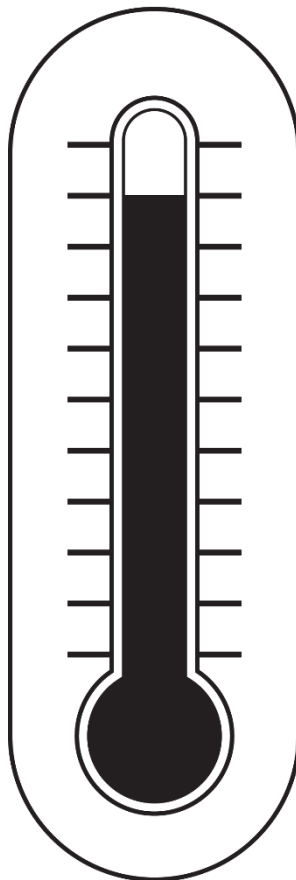


Thermometers are used to measure your body's temperature. A "Feelings Thermometer" can be used in a similar way: it can help to measure how "big" or "small" your feelings are in different situations. Understanding the intensity of an emotion will help you understand what you are feeling and communicate that to others. When you understand the intensity of emotions and know how to express yourself, you can make better decisions.

SORT THE WORDS PROVIDED FOR EACH EMOTION AREA ON PAGES 14-17 ACCORDING TO THEIR LEVEL OF INTENSITY OR SIZE ONTO THE FEELINGS THERMOMETER. THE BOTTOM OF THE THERMOMETER IS FOR EMOTIONS OF LESS INTENSITY; FEELINGS BECOME "LARGER" OR MORE INTENSE AS THEY PROGRESS UP THE FEELINGS THERMOMETER.

Activity

FEELINGS THERMOMETER



6. _____
5. _____
4. _____
3. _____
2. _____
1. _____

CALM

CONTENT

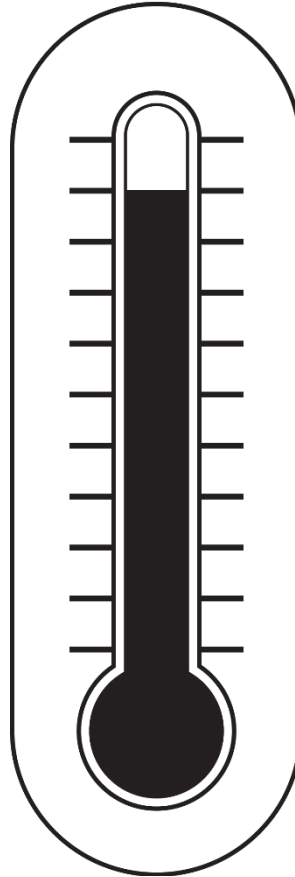
WARM

HAPPY

POSITIVE

THANKFUL

FEELINGS THERMOMETER



6. _____
5. _____
4. _____
3. _____
2. _____
1. _____

TIRED

BORED

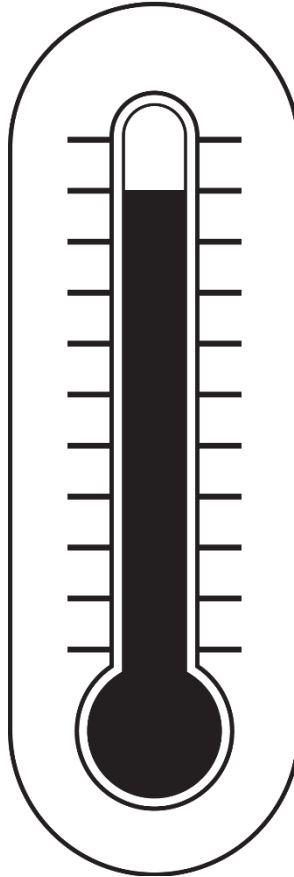
LETHARGIC

FATIGUED

EXHAUSTED

GLOOMY

FEELINGS THERMOMETER



6. _____
5. _____
4. _____
3. _____
2. _____
1. _____

UPSET

ANNOYED

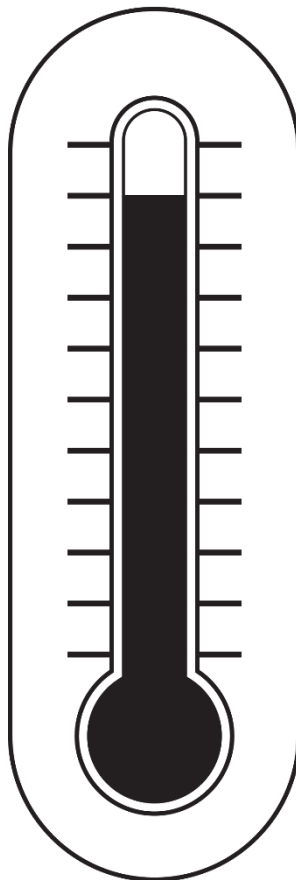
CONCERNED

FRUSTRATED

STRESSED

DISAPPOINTED

FEELINGS THERMOMETER



6. _____
5. _____
4. _____
3. _____
2. _____
1. _____

FURIOUS

MAD

ANGRY

ENRAGED

IRRITATED

AGGRAVATED

Emotion Intensity

Choose a word to describe how you would feel in each situation below. Then, circle whether the intensity or "size" of the feeling would be *mild*, *moderate* or *strong*.

1. _____ Someone cuts in front of you in line at the store register.

Intensity: *mild* *moderate* *strong*

2. _____ You realize you've had toilet paper stuck to your shoe all morning at school.

Intensity: *mild* *moderate* *strong*

3. _____ You learn about a party that everyone except you has been invited to.

Intensity: *mild* *moderate* *strong*

4. _____ You won free tickets to a sold-out concert.

Intensity: *mild* *moderate* *strong*

5. _____ School is cancelled due to bad weather.

Intensity: *mild* *moderate* *strong*

6. _____ You are on vacation and it has been raining for the past three days.

Intensity: *mild* *moderate* *strong*

7. _____ You hear a bad rumor about you that isn't true

Intensity: *mild* *moderate* *strong*

8. _____ Your teacher gives a quiz with no warning.

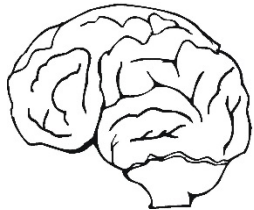
Intensity: *mild* *moderate* *strong*



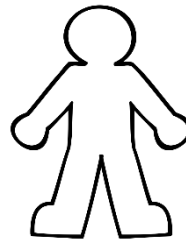
Self Regulation: Staying Calm

Has anyone ever told you to "calm down"? Those are words people use when our reactions are getting too "big" for the situation.

Self-regulation is a fancy term for taking control of your behavior. Remember that our thoughts (brain) and body work together to help us understand what is going on around us and how we should react in different situations. Here's an example:



1. Your brain might tell you that you are getting ready to give an oral report in Language Arts.



2. Your body might tell you that you are getting nervous by making your stomach upset and your palms sweat.

3. Once you know what is happening in Steps 1 & 2, you have to decide how to react in Step 3.
Controlling your reaction is called Self-Regulation.

Learning to self-regulate is a skill, so be patient and practice. Learning helps:

- Build self-confidence
- Participate in more activities
- Not worry about getting into trouble
- Get along with others

Self Regulation: Understanding Triggers

Before you can learn how to stay calm or self-regulate, you need to be able to identify situations that overwhelm you. These situations are called "triggers".

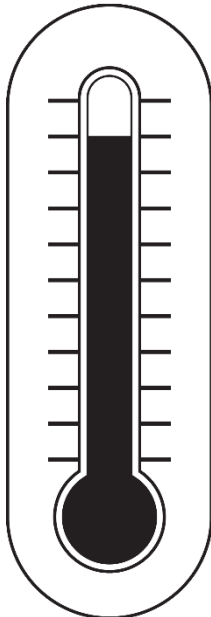
Activity

LIST TWO THINGS THAT "TRIGGER" OR OVERWHELM YOU. ON A SCALE OF 1 TO 5, RATE HOW MUCH EACH OVERWHELMS YOU.

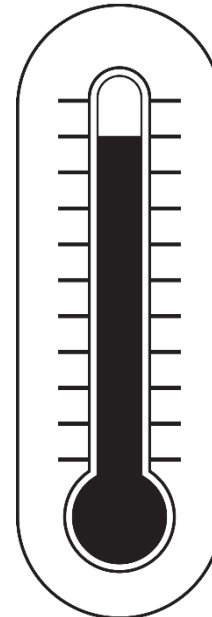
#1 _____

#2 _____

5
4
3
2
1



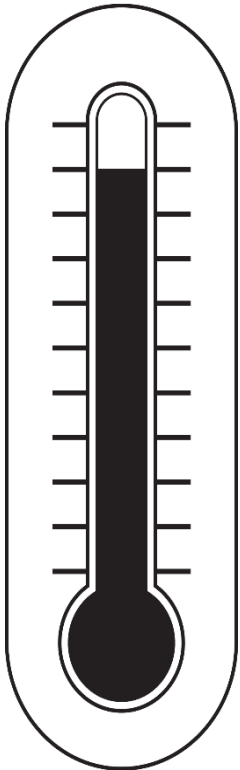
Out of Control
Angry
Annoyed
Irritated
Calm



5
4
3
2
1

Self Regulation : Body Signals

Everyone gets overwhelmed sometimes. What you need to know is to listen to your body and brain to stay in control. This 5-point scale maps out how some people feel at each level of frustration.

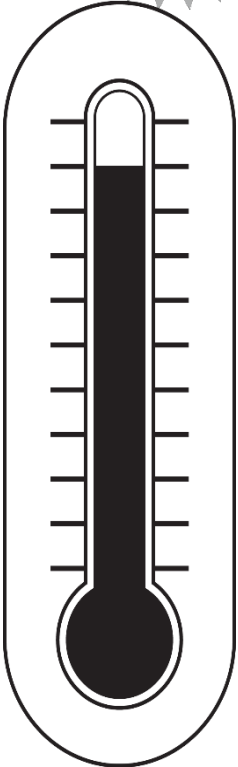


Rating	How does your body feel?
5	Exploding, threatening others, throwing things
4	Crying, yelling, swearing
3	Rapid breathing, headache, short breath
2	Teeth and/or hands clenched, nervous laugh
1	Relaxed body, slow breathing

Self Regulation: Body Signals

Activity

SINCE EVERYONE IS DIFFERENT, YOUR BODY HAS ITS OWN WAY OF TALKING TO YOU. USE THIS BLANK SCALE TO FILL IN YOUR OWN THOUGHTS ABOUT HOW YOUR BODY FEELS AT EACH LEVEL



Rating	How does your body feel?
5	
4	
3	
2	
1	

Understanding the Size of the Problem

Just like feelings, problems can be categorized according to size.
We can use a 5-point scale to map out how big a problem is.

Rating	Size of the Problem	Example
5	<p>LARGE PROBLEM</p> <ul style="list-style-type: none"> Affects many people Involves physical injury or death Need a group of people to solve the problem Can last months or years 	<ul style="list-style-type: none"> Tornado Earthquake Car crash
4		
3	<p>MEDIUM PROBLEM</p> <ul style="list-style-type: none"> Small physical injury Usually need an adult to help Takes 30 minutes to an hour to solve 	<ul style="list-style-type: none"> Being bullied Someone spreading rumors about you You get a bad grade on a test
2		
1	<p>SMALL PROBLEM</p> <ul style="list-style-type: none"> No danger involved Can be solved by yourself quickly Most people ignore this size problem 	<ul style="list-style-type: none"> Someone is in your seat The teacher does not call on you

Understanding the Size of the Problem

Activity

SORT THE PROBLEMS ON PAGES 25 & 26 ACCORDING TO THEIR SIZE. USE THE SCALE BELOW TO HELP GUIDE YOUR DECISION




Rating	Size of the Problem
5	<p>LARGE PROBLEM</p> <ul style="list-style-type: none"> • Affects many people • Involves physical injury or death • Need a group of people to solve the problem • Can last months or years
4	
3	<p>MEDIUM PROBLEM</p> <ul style="list-style-type: none"> • Small physical injury • Usually need an adult to help • Takes 30 minutes to an hour to solve
2	
1	<p>SMALL PROBLEM</p> <ul style="list-style-type: none"> • No danger involved • Can be solved by yourself quickly • Most people ignore this size problem

<p>You are taking a history test and don't understand an question.</p> <p>@Speech Paths</p>	<p>You break your leg playing soccer.</p> <p>@Speech Paths</p>	<p>You are going to a party this weekend and get a huge pimple on your nose.</p> <p>@Speech Paths</p>
<p>Your grandmother bought you a wallet for your birthday with Disney characters on it. You would be embarrassed to use it.</p> <p>@Speech Paths</p>	<p>Your friend keeps interrupting you when you are telling a joke.</p> <p>@Speech Paths</p>	<p>In the school bathroom, you see a couple of students with guns. They are talking about how they will scare the kids in their class.</p> <p>@Speech Paths</p>
<p>You are babysitting two little boys. The boys lock themselves in the bathroom.</p> <p>@Speech Paths</p>	<p>Your parents are getting divorced.</p> <p>@Speech Paths</p>	<p>You forgot your homework at home.</p> <p>@Speech Paths</p>

<p>Your pet died.</p> <p>@Speech Paths</p>	<p>You have no one to sit with at lunch.</p> <p>@Speech Paths</p>	<p>You are having dinner at a friend's house. The meal is something you are allergic to.</p> <p>@Speech Paths</p>
<p>You drop your iPhone and the screen cracks.</p> <p>@Speech Paths</p>	<p>Your little sister keeps listening when you are talking with your friend.</p> <p>@Speech Paths</p>	<p>You raised your hand but the teacher did not call on you.</p> <p>@Speech Paths</p>
<p>Someone calls you a very mean name.</p> <p>@Speech Paths</p>	<p>You lose in your favorite game.</p> <p>@Speech Paths</p>	<p>Your family is going to a restaurant that you don't like.</p> <p>@Speech Paths</p>

Matching Size of the Problem to Reaction

Thinking about the size of a problem can help you to control your reaction during various situations. When our reactions are too big, others feel uncomfortable and have weird thoughts about us.

Reaction	Rating	Size of the Problem
<ul style="list-style-type: none"> Stay Calm Listen to an adult Use a calm down strategy 	5	<p>LARGE PROBLEM</p> <ul style="list-style-type: none"> Affects many people Involves physical injury or death Need a group of people to solve the problem Can last months or years
<ul style="list-style-type: none"> Be flexible Talk to an adult Problem solve Use a calm down strategy 	4	<p>MEDIUM PROBLEM</p> <ul style="list-style-type: none"> Small physical injury Usually need an adult to help Takes 30 minutes to an hour to solve
<ul style="list-style-type: none"> Let it go Use a calm down strategy Fix it and move on 	3	<p>SMALL PROBLEM</p> <ul style="list-style-type: none"> No danger involved Can be solved by yourself quickly Most people ignore this size problem
	2	
	1	

Calm Down Strategies

When your body and brain send you the message that you are approaching 5 on the Body Signal Scale, it is time to use a calm down strategy. Different strategies work for different people. It's important to figure out which ones work for you.

Rating	How does your body feel?
5	Exploding, threatening others, throwing things
4	Crying, yelling, swearing
3	Rapid breathing, headache, short breath
2	Teeth and/or hands clenched, nervous laugh
1	Relaxed body, slow breathing

Here are some strategies you can use when you realize you are approaching 5 on the Body Signal Scale:

- Tell yourself you're approaching #5
- Take a deep breath
- Think about the social consequences of losing control
- Walk away from the situation
- Find someone you trust and talk about what happened
- Use the cool-down activities on pages

Calm Down Strategies: Safe Place

Activity

**DRAW A PICTURE OF YOUR FAVORITE SAFE PLACE.
IT CAN BE REAL OR IMAGINARY.
WHEN SOMETHING IS UPSETTING YOU,
YOU CAN VISIT THIS PLACE IN YOUR IMAGINATION TO CALM DOWN.**

Calm Down Strategies: Happy Things

Activity

THINKING ABOUT THINGS THAT MAKE YOU HAPPY CAN CHANGE NEGATIVE THOUGHTS INTO POSITIVE ONES. ON THIS PAGE, CREATE A COLLAGE, POEM, DRAWING, STORY OR LIST ABOUT THINGS THAT MAKE YOU HAPPY