

# Sharing my Emotion

For this activity we will work on communicating with our friends, loved ones and peers the emotions that we are feeling and being confident in what we are feeling.

**Instructions:** Fill in the blank to the best of your ability. Be specific as you can.

(Emotion)

(In my Body)

- 1 Whenever I am feeling \_\_\_\_\_ I feel it \_\_\_\_\_.  
I need \_\_\_\_\_ from myself.
- 2 Whenever I am feeling \_\_\_\_\_ I feel it \_\_\_\_\_.  
I need \_\_\_\_\_ from myself.
- 3 Whenever I am feeling \_\_\_\_\_ I feel it \_\_\_\_\_.  
I need \_\_\_\_\_ from myself.
- 4 Whenever I am feeling \_\_\_\_\_ I feel it \_\_\_\_\_.  
I need \_\_\_\_\_ from myself.

**Instructions:** Fill in the blank to the best of your ability. Be specific as you can.

(Emotion)

(In my Body)

- 1 Whenever I am feeling \_\_\_\_\_ I feel it \_\_\_\_\_.  
I need \_\_\_\_\_ from others.
- 2 Whenever I am feeling \_\_\_\_\_ I feel it \_\_\_\_\_.  
I need \_\_\_\_\_ from others.
- 3 Whenever I am feeling \_\_\_\_\_ I feel it \_\_\_\_\_.  
I need \_\_\_\_\_ from others.
- 4 Whenever I am feeling \_\_\_\_\_ I feel it \_\_\_\_\_.  
I need \_\_\_\_\_ from others.