

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Thought → Feeling → Action

As a reflection, ask yourself how did you feel today and draw it on the character. Then, answer the two questions.



1 Step 1: What happened?

2 What was I thinking?

3 How did I feel? Mad Sad Worried

4 What did I do?

3 Step 5: What can I say with my words?

I feel \_\_\_\_\_ because \_\_\_\_\_

Affirmation: "I can use my words to understand my feelings"