

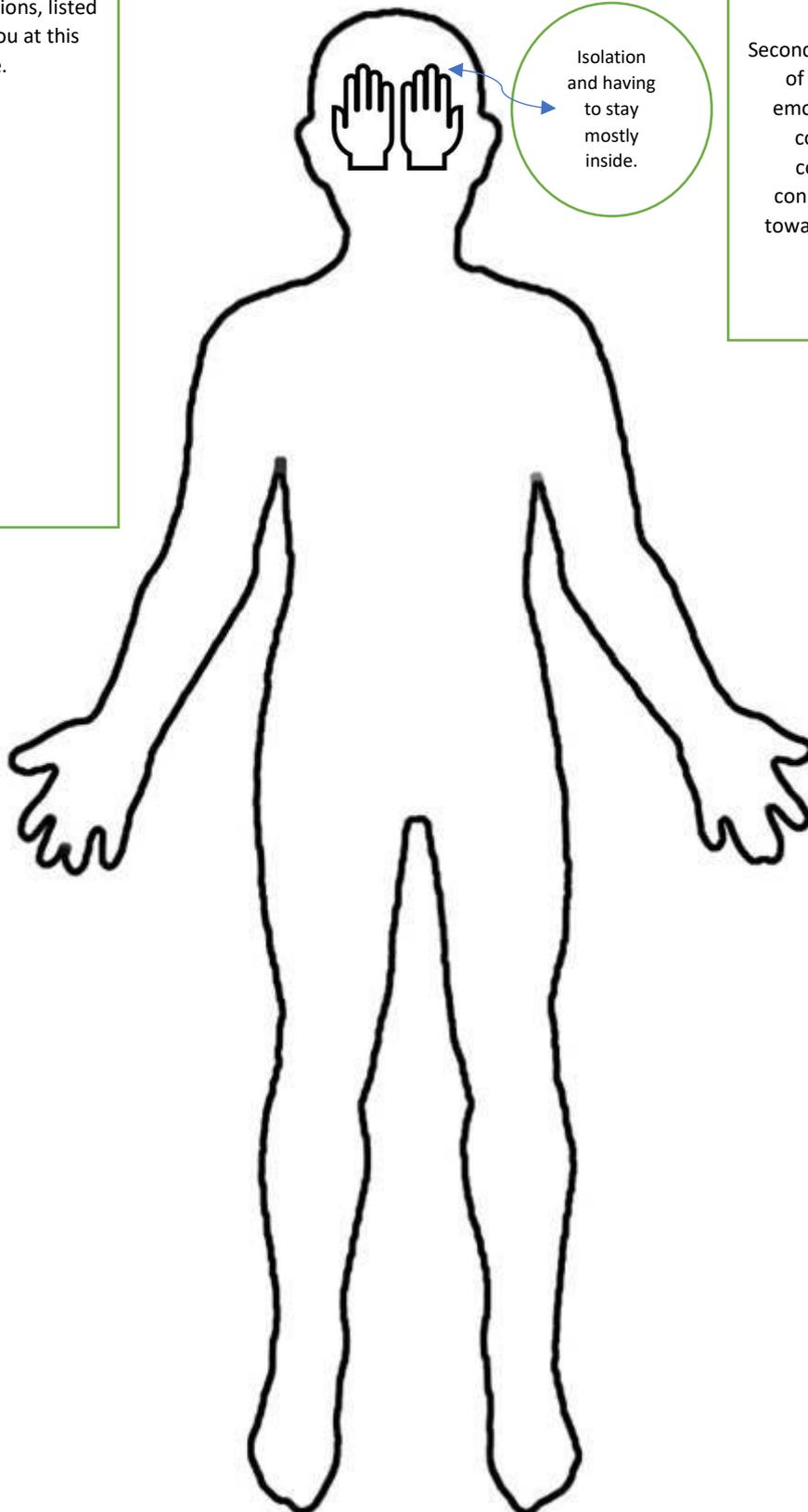


Adolescent worksheet

Emotional self-awareness

Firstly, draw on the inside of the body what these emotions, listed below, look like to you at this present time.

- Fear-Hide
- Anger-
- Joy-
- Sadness-
- Trust-
- Surprise-
- Excited-
- Nervous-



Secondly, write around the outside of the body, for each listed emotion, where this feeling is coming from currently in connection to COVID 19, connecting them with arrows towards your visual expression.