**My Feelings Plan**

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| --- | --- | --- |
| **When I feel this way** |   **This is what I do** |  **This is what helps me** |
|  **Confused**  |  |  |
|  **Upset**  |  |  |
|  **Angry**  |  |  |
|  **Scared** |  |  |
|  **Anxious** |  |  |
|  **Depressed** |  |  |
|  **Stressed** |  |  |
|  **Lonely**  |  |  |