**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** |  |  |