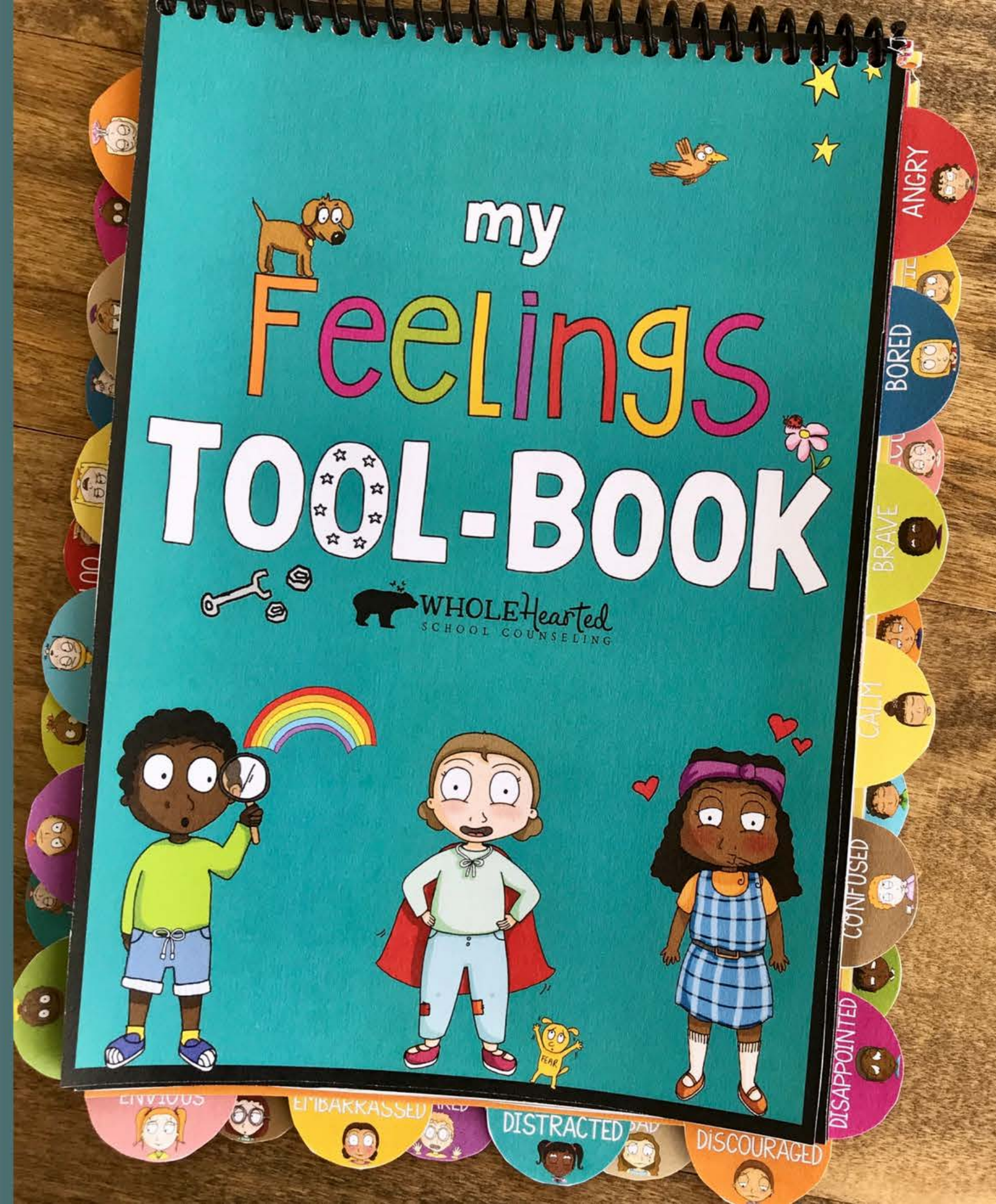


The Feelings ToolBook helps children to **IDENTIFY** their feelings and **USE** healthy coping tools.

Wow!  
What a great resource to use with students to help them identify different coping strategies to use depending on the emotions they are feeling.  
-Christie

WholeHearted School Counseling



# WHAT YOU'LL LOVE ABOUT THIS SEL WORKBOOK:

- The detailed VISUAL SUPPORTS help children to COMMUNICATE their feelings and needs, instead of using unhelpful or disruptive behavior.
- Kids love the illustrations! This means greater engagement and buy-in!
- Has TONS OF USES! Can be used by counselors, teachers, parents, & behavior interventionists with children. Perfect for your Calm Down Corner, individual & small group counseling, and home use.

This is an amazing resource. I've never seen one laid out like this with so many coping skills for each feeling...  
-Shelley



# Kids:

- IDENTIFY their feelings
- REVIEW suggested coping tools
- COMPLETE related workbook page

**When I feel INSECURE I can...**

- WRITE A LIST of all of my unique and positive qualities
- BE CREATIVE and do more of what I enjoy doing
- BE AROUND PEOPLE WHO ARE CARING and support me
- FOCUS ON MY STRENGTHS and stop comparing myself to others
- LOVE AND ACCEPT MYSELF and remember there is no one else better at being awesome than me
- TAKE CARE OF MYSELF and exercise, drink water, get enough sleep, and eat healthy food
- DO HAND ON HEART while telling myself "I am lovable"

*I am lovable.*

**Hand On Heart**  
Place one hand over my heart and the other hand over my belly while I breathe slowly and tell myself "I am lovable."

**WHEN I FEEL INSECURE**

Someone I can talk to when I feel insecure is: Mom

I feel insecure when...

IF INSECURITY COULD "TALK," IT WOULD TELL ME THAT I NEED **INSECURITY**

ALONG WITH FEELING INSECURE, I'M ALSO FEELING:  
 stressed out  
 unsafe  
 empty  
 depressed  
 anxious  
 unsure  
 sad  
 unloved  
 lonely  
 shame  
 doubtful

**MY ACTION PLAN for when I feel insecure:**

- WRITE A LIST of all of my unique and positive qualities
- FOCUS ON MY STRENGTHS and stop comparing myself to others
- LOVE & ACCEPT MYSELF and remember there is no one else better at being awesome than me
- DO HAND ON HEART while telling myself "I am lovable"
- BE AROUND PEOPLE WHO ARE CARING and support me
- BE CREATIVE and do more of what I enjoy
- TAKE CARE OF MYSELF and exercise, drink water, get enough sleep, and eat healthy food

**CLUES I'M FEELING INSECURE**

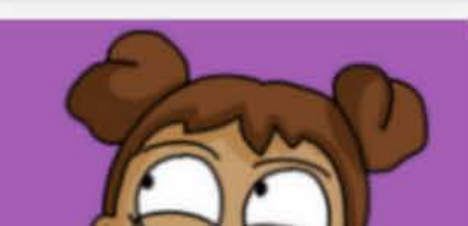
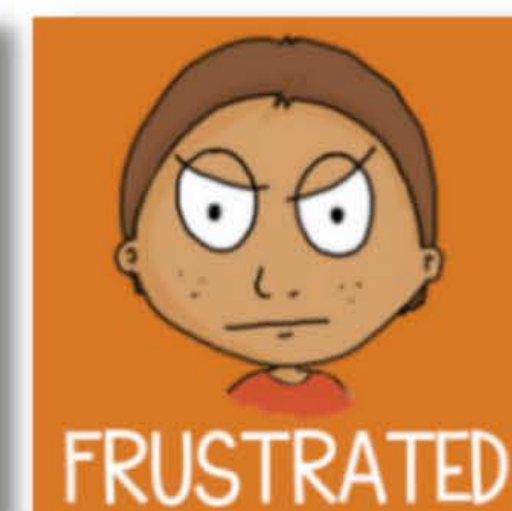
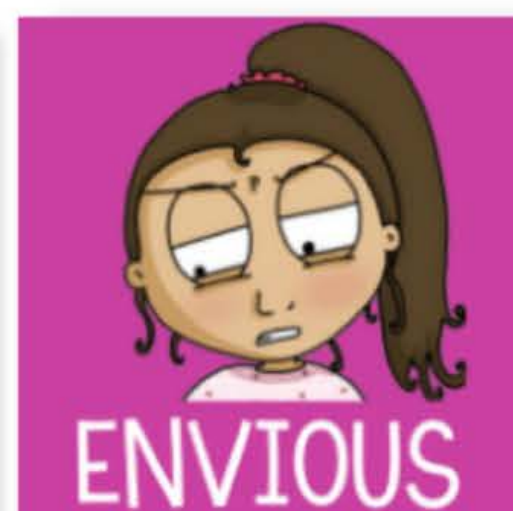
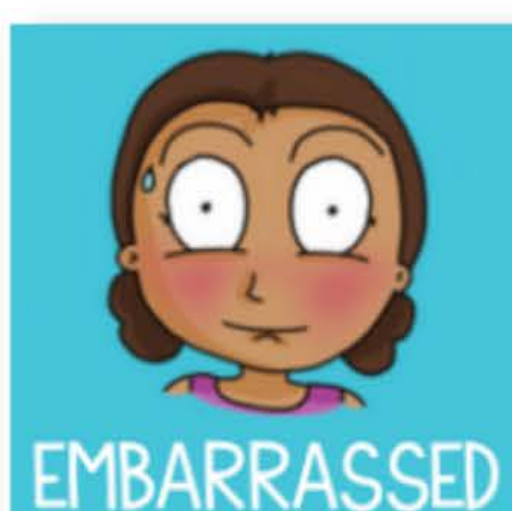
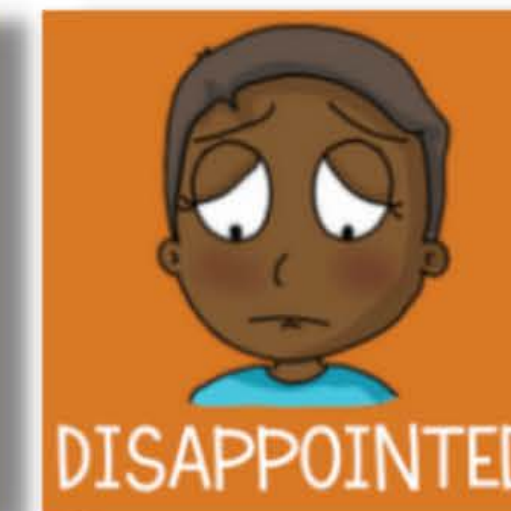
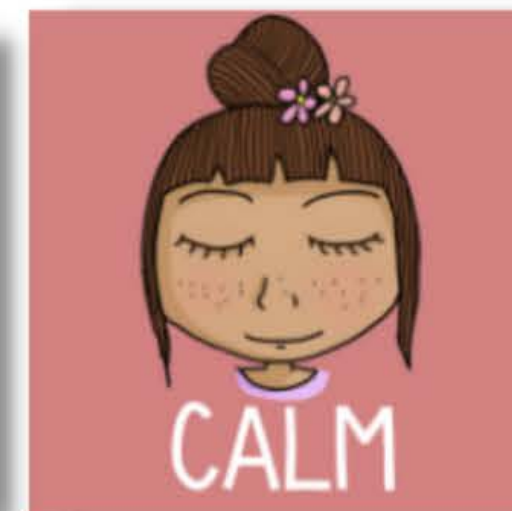
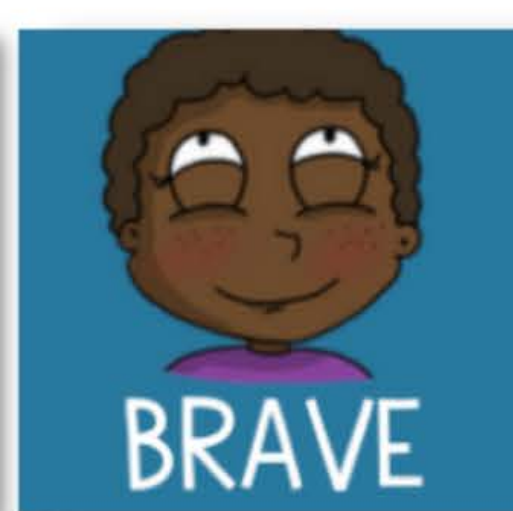
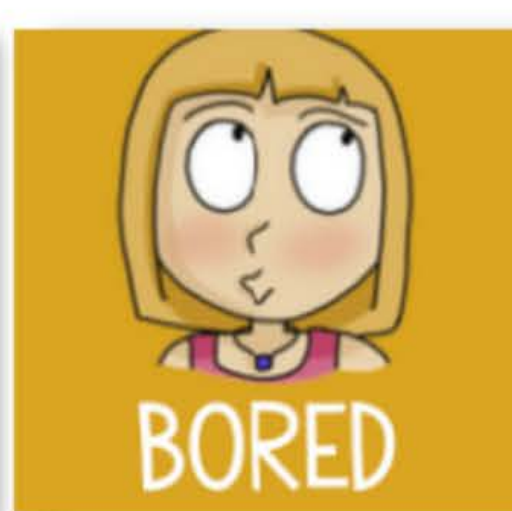
- I want to shrink away and not be seen.
- I'm hunched over.
- I avoid making eye contact.
- Lots of negative, critical self-talk running through my mind.

**A STRENGTH STATEMENT I CAN TELL MYSELF WHEN I FEEL INSECURE IS**

- A. matter no matter what.
- B. I am lovable, worthy, and enough
- C. I am stronger and braver than I think.
- D.

# WHAT 29 FEELINGS ARE INCLUDED?

Angry, Bored, Brave, Calm, Confused, Disappointed, Discouraged, Distracted, Embarrassed, Envious, Excited, Frustrated, Guilty, Happy, Hesitant, Hopeful, Impatient, Insecure, Lonely, Loved, Misunderstood, Sad, Scared, Shame, Shy, Silly, Stressed Out, Tired, Worried



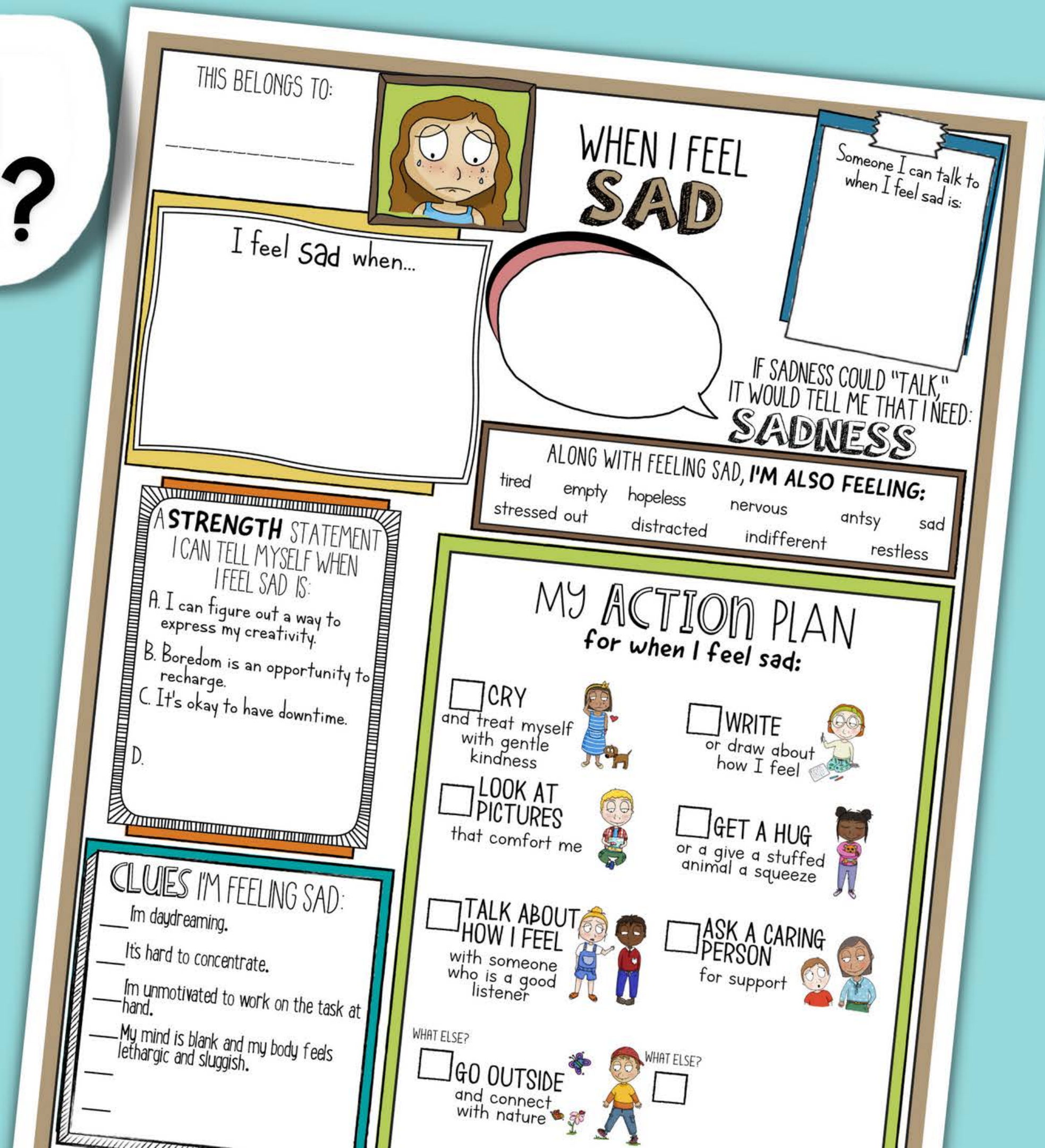
# WHAT ARE SOME OF THE COPING TOOLS SUGGESTED?

Exercise, Take Steady Breaths, Count to 20, Use an I-Statement, Do Wall Push Ups, Build or Invent Something, Organize, Clean, Go Outside, Create Art, Play Sports, Share My Feelings, Be Creative, Do the Right Thing, Keep On Trying, Come Up with A Plan, Focus on My Work, Smile, Find Solutions, Help Others, Work Through Conflicts. Talk to An Adult I Trust, Get a Hug, Journal, Do Hand on Heart. Take A Break, and MANY, MANY MORE!

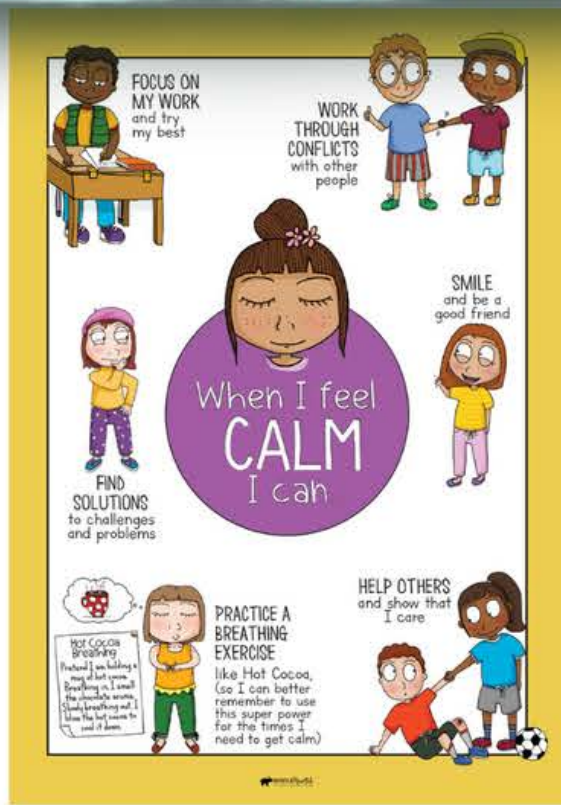


# WHAT'S INCLUDED IN THE WORKBOOK PAGES?

- Action Plan
- Strength Statements
- Feeling Clues
- Trigger Awareness
- Support People Identification
- Needs Self-Awareness



# Choose from 9 printable book styles:



Full Color



Light Color



Black & White



ROUND TABS:  
Looks Pretty!



RECTANGLE TABS:  
Easier to Cut Than Round Tabs!



NO TABS:  
No Cutting Required!  
JUST PRINT!

AVAILABLE IN DIGITAL FORMAT, TOO!

Students who have a hard time regulating their emotions and how to cope with them need this resource. It allows you to dig deeper on how a student is feeling during certain emotions, what you can do to help them and what they need to do when feeling that way. This is my favorite resource I have ever purchased on here!!!  
-Alexcia





Our SEL & counseling materials are enjoyed in thousands of homes, classrooms & offices worldwide



This resource is wonderful. First of all, my students and I love the graphics and colors. The workbook is very engaging and full of ideas on creating an action plan on how to help yourself with any feeling, positive or negative. My students were able to understand the material and stay engaged in the discussion about it. -Ashley