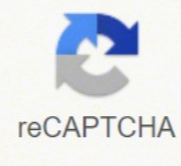




I'm not robot



Open

2 Look and answer the questions.

MATCH THE QUESTION WITH THE CORRECT ANSWER.



- | | |
|-------------------|------------------|
| 1- IS HE ANGRY? | A- YES, SHE IS |
| 2- IS SHE TIRED? | B- NO, SHE ISN'T |
| 3- IS SHE HUNGRY? | C- YES, HE IS |
| 4- IS HE SAD? | D- YES, SHE IS |
| 5- IS SHE SAD? | E- YES, HE IS |
| 6- IS HE HAPPY? | F- NO, HE ISN'T |

How do they feel?

ESL - Feelings Name: _____ Date: _____

Look at the pictures, complete the sentences: <https://www.youtube.com/watch?v=2uR2P5Bzr8Q>

[happy - sad - hot - cold - scared - angry - hungry - sleepy - thirsty - sick]



1. He is hot.
2. She is _____.
3. She is _____.
4. She _____.
5. He _____.
6. _____.
7. _____.
8. _____.
9. _____.
10. _____.

Write questions:

- | | |
|---------------|------------|
| 1. Is he hot? | 6. _____? |
| 2. _____? | 7. _____? |
| 3. _____? | 8. _____? |
| 4. _____? | 9. _____? |
| 5. _____? | 10. _____? |

Below, you'll find Blake Flannery's master list of coping methods and skills organized into categories (2016). No matter what you need in a given moment, there is probably at least one activity listed below that will help.

Diversions

- Write, draw, paint, photography;
- Play an instrument, sing, dance, act;
- Take a shower or a bath;
- Garden;
- Take a walk, or go for a drive;
- Watch television or a movie;
- Watch cute kitten videos on YouTube;
- Play a game;
- Go shopping;
- Clean or organize your environment;
- Read;
- Take a break or vacation.

Social/Interpersonal Coping

- Talk to someone you trust;
- Set boundaries and say "no";
- Write a note to someone you care about;
- Be assertive;
- Use humor;
- Spend time with friends and/or family;
- Serve someone in need;
- Care for or play with a pet;
- Role-play challenging situations with others;
- Encourage others.

Cognitive Coping

- Make a gratitude list;
- Brainstorm solutions;
- Lower your expectations of the situation;
- Keep an inspirational quote with you;
- Be flexible;
- Write a list of goals;
- Take a class;
- Act opposite of negative feelings;
- Write a list of pros and cons for decisions;
- Reward or pamper yourself when successful;
- Write a list of strengths;



- Accept a challenge with a positive attitude.

Tension Releaseers

- Exercise or play sports;
- Engage in catharsis (yelling in the bathroom, punching a punching bag);
- Cry;
- Laugh.

Physical

- Get enough sleep;
- Eat healthy foods;
- Get into a good routine;
- Eat a little chocolate;
- Limit caffeine;
- Practice deep/slow breathing.

Spiritual

- Pray or meditate;
- Enjoy nature;
- Get involved in a worthy cause.

Limit-Setting

- Drop some involvement;
- Prioritize important tasks;
- Use assertive communication;
- Schedule time for yourself.

References

Ackerman, C.E. (2020, April 28). 10+ Coping Skills Worksheets for Adults and Teens (+ PDFs). PositivePsychology.com. <https://positivepsychology.com/coping-skills-worksheets/>

Image:

Rainey, H. (2019, December 3). 5 Self-Care Tips for Your Mental Health Beyond Taking a Bubble Bath. TheMighty.com. <https://themighty.com/2019/12/self-care-tips-beyond-bubble-bath-mental-health/>

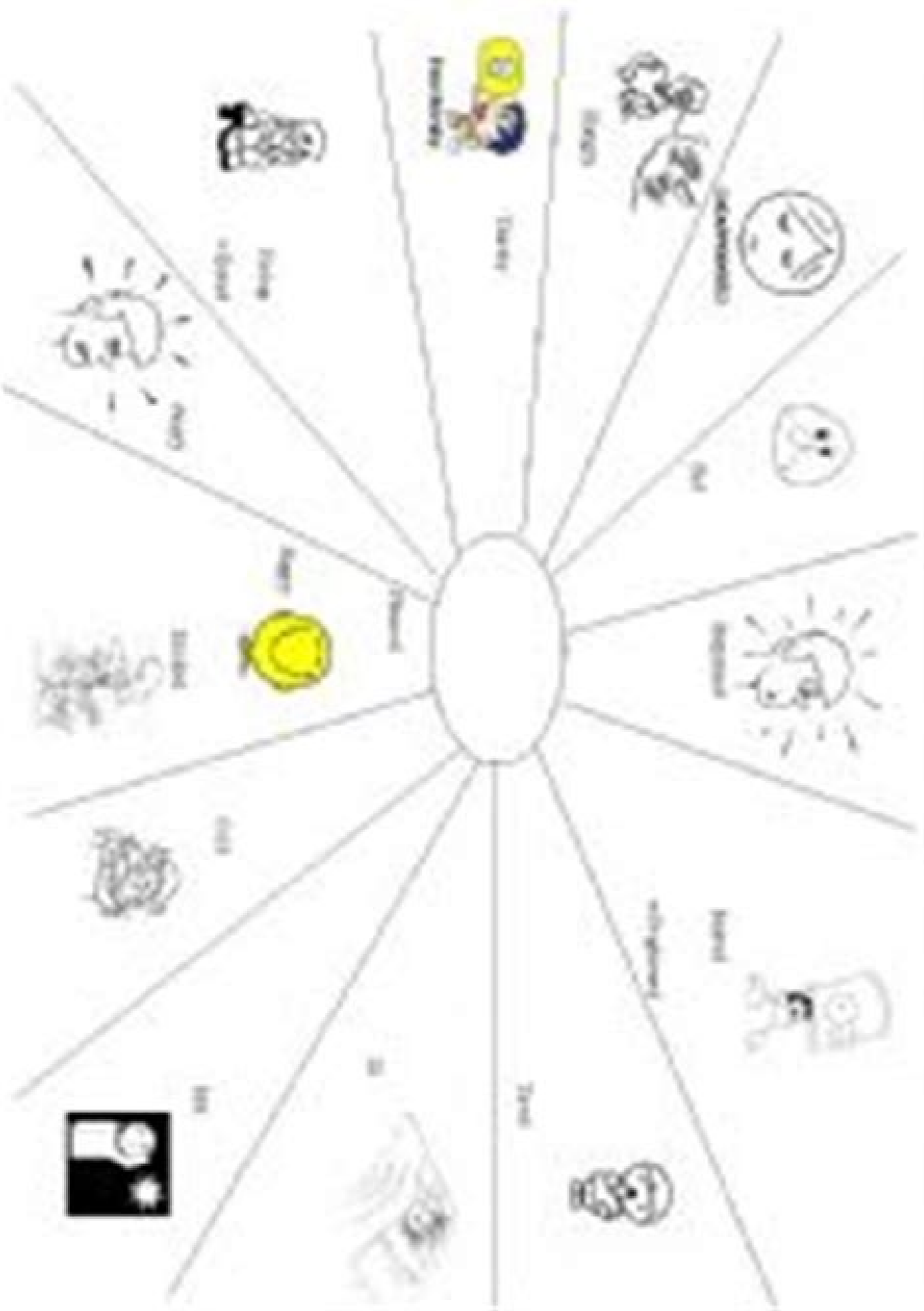


INSIDE OUT STUDY GUIDE

For Teens

Understanding Emotions

AbigailBurdLCSW.com



How does a new description compare to the previous one? Angry C. Remember that there are no right or wrong answers in this case, write how you really feel about these colors. The red color makes me feel: _____ The orange color makes me feel: _____ The yellow color makes me feel: _____

The pink color makes me feel: _____ The blue color makes me feel: _____ The green color makes me feel: _____ The purple color makes me feel: _____ The white color makes me feel: _____

Emotions need to be expressed, but the intensity and frequency of expressing them must be under the control of oneself. Emotions Works Colors and emotions worksheets are a very interesting and attractive worksheet that allows people to associate emotions with colors.

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