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Open

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

LIVEWORKSHEETS

### How do they feel?

ESL - Name: \_\_\_\_\_ Date: \_\_\_\_\_

Look at the pictures, complete the sentences: <https://www.youtube.com/watch?v=vdhB58zB0s>  
 [happy - sad - hot - cold - scared - angry - hungry - sleepy - thirsty - sick]

1	2	3	4	5
6	7	8	9	10

1. He is hot.  
 2. She is \_\_\_\_\_.  
 3. She is \_\_\_\_\_.  
 4. She is \_\_\_\_\_.  
 5. He is \_\_\_\_\_.  
 6. \_\_\_\_\_

© 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, photograph;
- 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 Relievers

- 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:

Ramsey, 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/>

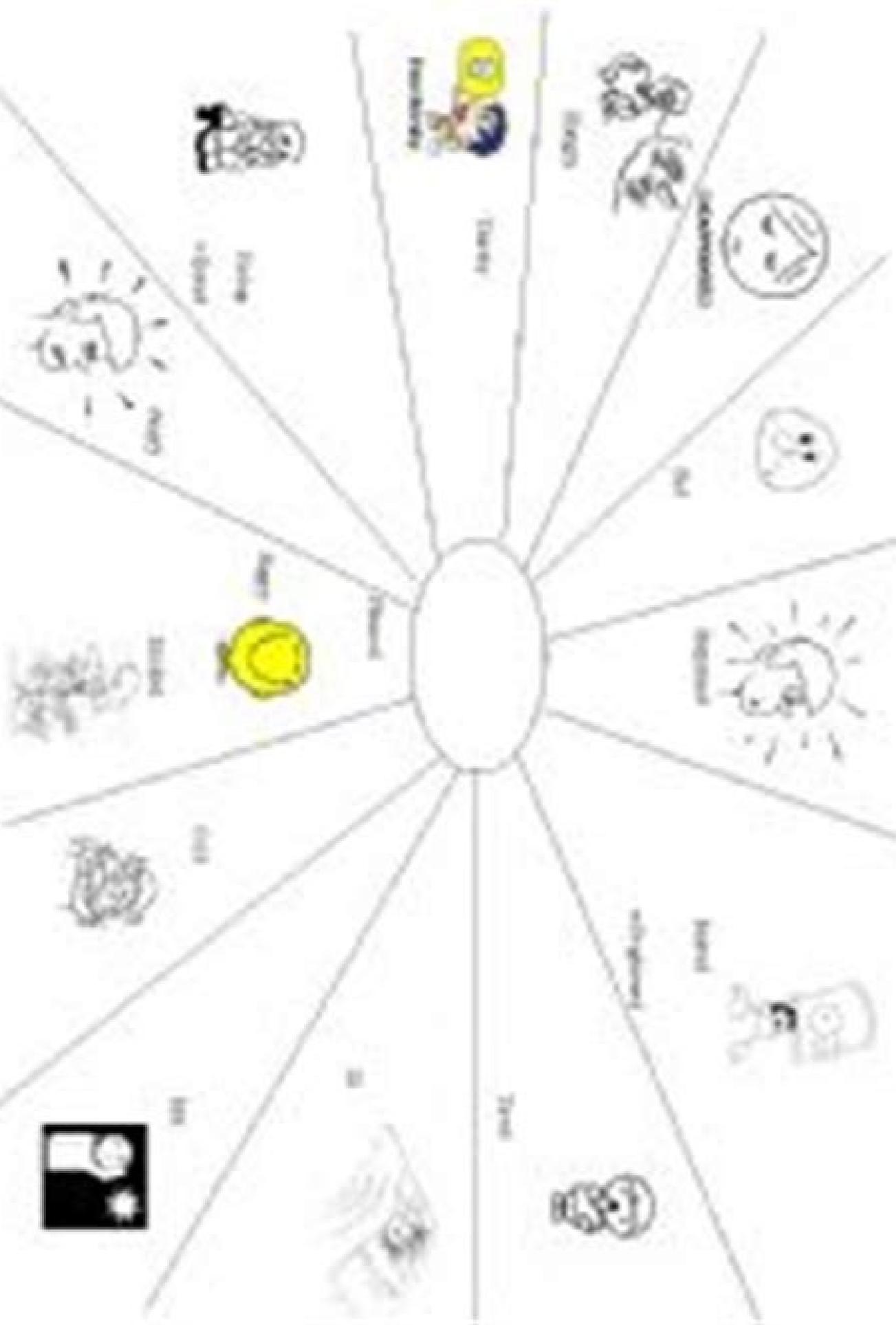


# **INSIDE OUT STUDY GUIDE**

## **For Teens**

# **Understanding Emotions**

AbigailBurdLCSW.com



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