

Make Your Own Formula!

Felix's Feelings Formulas help him cope with all the different emotions he encounters at school. What emotions do you feel at school or home?

His formulas have four essential steps:

1. Give the feeling a name
2. Some Physical Movement / Take action
3. Words of affirmation (say something kind to yourself)



Use the steps {and feeling word bank} to create your own formula.

| | | | | | | | |
|----------|---------|---------|---------|-------------|-------|------------|---------|
| Sad | Angry | Furious | Annoyed | Embarrassed | Shy | Excited | Curious |
| Friendly | Nervous | Worried | Tired | Lonely | Bored | Frustrated | Silly |

1. Name Feeling: _____
2. Movement / Action: _____
3. Affirmation: _____

Bonus: Draw a picture of yourself doing your new formula!

