# My ZONES

# *(at home)* workbook

Name:



# What the emotions mean, feel and how do they present?

Everyone feels different emotions at different times throughout the day and throughout their lives. It is OK to feel any emotion, and everyone will feel this way at some point in their life. No emotion is a bad emotion as long as we are aware of it and know how to control it.

For the next few pages you will explore the different emotions. *These emotions might present differently at home than to school.* 

To better understand it you will:

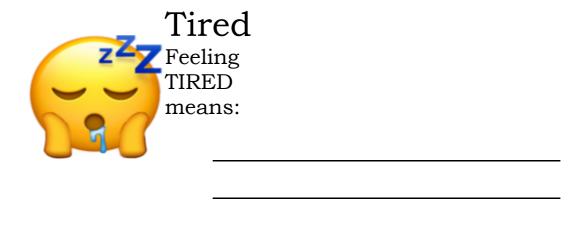
- 1) Discuss what each means
- 2) Reflect back on a time you may have felt this way or when someone else may have felt this way
- 3) Discuss how facial expressions may change
- 4) How the body may look
- 5) How the body feels when experiencing each of the emotions

Remember this is unique to you and how someone else may look or feel could be different and that is OK.

### Sad

	F	Seeling SAD means:
		eeling sad: My face looks like My Body looks les feel like What makes me feel SAD?
Sick Feeling	SICK mean	s:

When I am feeling SICK: My face looks like... My Body looks like... My insides feel like... What makes me feel?



When I am feeling TIRED: My face looks like... My Body looks like... My insides feel like...

#### Bored

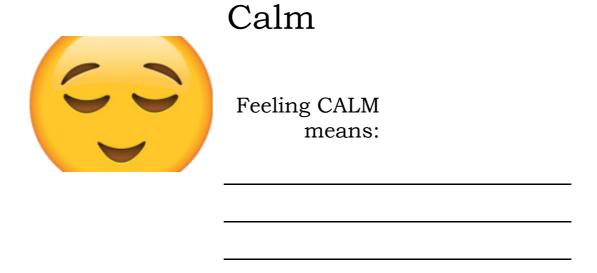
reeling i	BOKED 1	neans:	

When I am feeling BORED: My face looks like... My Body looks like... My insides feel like...

## Happy

Feeling	HAPPY means	:	

When I am feeling HAPPY: My face looks like... My Body looks like... My insides feel like... What makes me feel HAPPY?



When I am feeling CALM: My face looks like... My Body looks like... My insides feel like... What makes me feel CALM?

## Feeling 'OK'

Feel	ing	OK	mea	ans:			
•							
•							

When I am feeling OK: My face looks like... My Body looks like... My insides feel like... What makes me feel OK?



#### Focused

Feeling FOCUSED means:

When I am feeling FOCUSED: My face looks like... My Body looks like... My insides feel like... What makes me feel FOCUSED?

#### Frustrated

Feeling FRUST	TRATED means:	

When I am feeling FRUSTRATED: My face looks like... My Body looks like... My insides feel like... What makes me feel FRUSTRATED?



#### Worried

Feeling WORRIED means:

When I am feeling WORRIED: My face looks like... My Body looks like... My insides feel like... What makes me feel WORRIED?

#### **Excited**

Feeling EXCITED means:	
When I am feeling EXCITED: My face looks like My Bolooks like My insides feel like What makes me feel EXCITED?	ody
Loss of control	
Feeling a LOSS OF CONTROL means:	

When I am feeling a Loss of Control: My face looks like... My Body looks like... My insides feel like... What makes me feel a LOSS OF CONTROL?

# Angry

looks

When I am feeling TERRIFIED: My face looks like... My Body

looks like... My insides feel like... What makes me feel

TERRIFIED?

Creating my <b>ZONES</b> toolbox for home		
Name of tool  (i.e listening to Music, taking a walk outside, looking at family pictures)	Circle the Zone that it would best help you in	
	Blue Green Yellow Red	

#### Size of my problems

Everyone experiences different problems in their life and how we react differs from person to person. Sometimes we may react big to a problem that is small.

How big is my problem?

#### Remember ...

Our reaction should always be in proportion to the problem which has occurred.