



It's Okay to Have Two Feelings!

It's normal to feel more than one feeling at the same time.

Let's explore your feelings!



1 FEELINGS MIX!

Look at the feelings below.
Choose **TWO** that you
have felt at the same
time before.



Happy



Worried



Excited



Sad



Calm



Frustrated



Surprised



Proud



Nervous

Write the two feelings
you chose:

1. _____
2. _____



3 WHEN DO YOU FEEL TWO FEELINGS?

Write or draw a time when you felt
two feelings at the same time.



2 DRAW YOUR TWO FEELINGS!

Draw a picture of yourself showing
the two feelings you chose.





4 COPING CORNER

What can you do when you have two feelings?

Check all that help you!

- | | |
|--|--|
| ☐  Take 3 deep breaths | ☐  Move my body |
| ☐  Talk to someone I trust | ☐  Think positive thoughts |
| ☐  Draw or write about it | ☐ Other: _____ |
| ☐  Take a break | |



It's okay to have two feelings.
All of your feelings are welcome here!
You are seen. You are heard. You matter.

