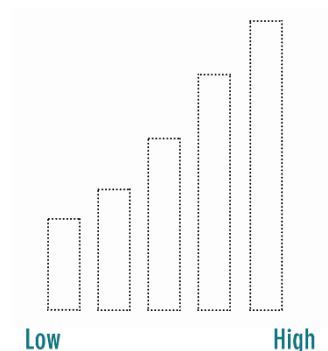


LESSON 2 WORKSHEET

1. When I feel very sleepy or sick, I have _____ energy. Color in the bars to show how much energy you have when you feel very sleepy or sick:

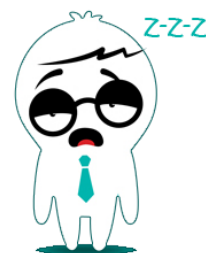


2. How does your body move and act?

3. How does your mind feel?

- | | |
|--------------------------------|--|
| <input type="checkbox"/> Slow | <input type="checkbox"/> Hard to concentrate |
| <input type="checkbox"/> Smart | <input type="checkbox"/> Thinking very fast |
| <input type="checkbox"/> Foggy | <input type="checkbox"/> Confused |

4. What does your face look like? Circle the sleepy Codi:

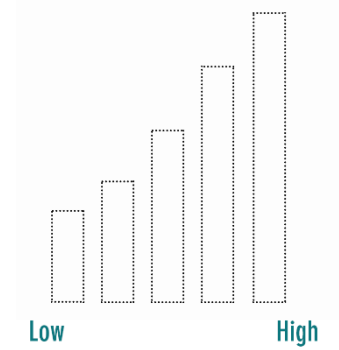


5. What might be happening around you to make you feel this way?

6. What is one thing you could do to try change from feeling sleepy during the day?

LESSON 3 WORKSHEET

1. When I feel bored or sad I have _____ energy.
Color in the bars to show how much energy you have when you feel bored or sad:

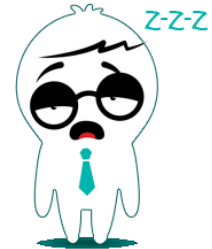


2. How does your body move and act?
-

3. How does your mind feel?

- Slow
- Smart
- Foggy
- Hard to concentrate
- Thinking very fast
- Confused

4. What does your face look like? Circle the sad Codi:

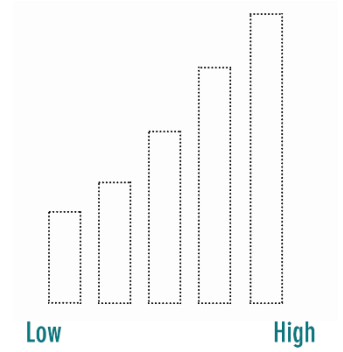


5. What might be happening around you to make you feel this way?
-

6. What is one thing you could do to try change from feeling low energy during the day?
-

LESSON 4 WORKSHEET

1. When I feel very worried or fed up, I have _____ energy. Color in the bars to show how much energy you have when you feel tense:

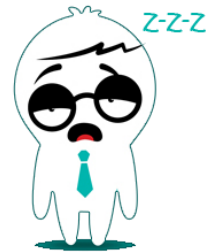


2. How does your body move and act?
-

3. How does your mind feel?

- Slow
- Smart
- Jittery
- Hard to concentrate
- Thinking very fast
- Confused

4. What does your face look like? Circle the worried Codi:

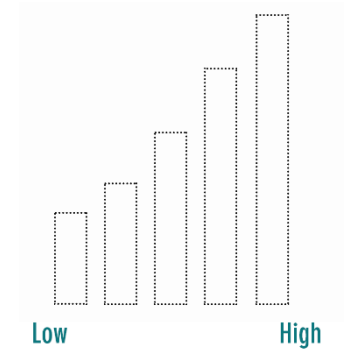


5. What might be happening around you to make you feel this way?
-
-

6. What is one thing you could do to try change from feeling tense during the day?
-

LESSON 5 WORKSHEET

1. When I feel very angry I have _____ energy. Color in the bars to show how much energy you have when you feel very angry and intense:



2. How does your body move and act?
-

3. How does your mind feel?

- Agitated
- Smart
- Foggy

- Hard to concentrate
- Thinking very fast
- Confused

4. What does your face look like? Circle the angry Codi:



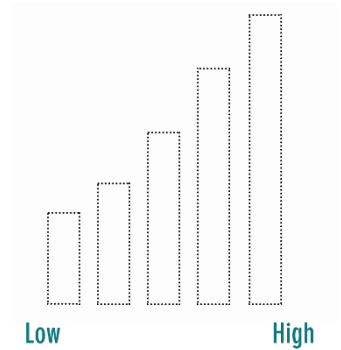
5. What might be happening around you to make you feel this way?
-

6. What is one thing you could do to try change from feeling intense during the day?
-

7. Name some quiet places you could go for a little break to help you feel more calm and happy:
-

LESSON 6 WORKSHEET

7. When I feel calm, I have _____ energy. Color in the bars to show how much energy you have when you feel calm and happy:



8. How does your body move and act?

9. How does your mind feel?

- Slow
- Good
- Jittery

- Ready to concentrate
- Thinking very fast
- Relaxed

10. What does your face look like? Circle the happy Codi:



11. What are some things that make you happy?

12. What is one thing you do that makes you feel calm?

Name _____






Childhood Development Programs

HOW DO YOU FEEL?

Find the child that looks like you



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 <p>Sleepy / Tired Sick / No energy</p>	 <p>Bored / Sad Cannot focus on work Wants to get out</p>	 <p>Happy / Calm Ready to learn Ready for fun / Focused</p>	 <p>Worried / Fed-up Frustrated / Silly Too excited / Fidgeting</p>	 <p>Angry / Yelling Fighting / Screaming Crying / Very scared</p>
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TRIAL SOME STRATEGIES TO BE LIKE HAPPY CODI

Write down below what works for you

<p>10 x star jumps Go for a walk Log rolling on the carpet CoordiClass</p>	<p>Listen to music Stretch arms Use a fidget toy CoordiClass</p>	<p>Play with others Learn Work Smile and laugh</p>	<p>Take a break / ask for help Deep breathing Push-ups CoordiClass</p>	<p>Walk away from others Go to your safe place Hit/kick a ball or big cushion Go for a run/walk</p>
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