



My "I Feel" Waves



Happy	Sad	Angry	Proud	Scared
Excited	Worried	Lonely	Frustrated	Grateful
Nervous	Disappointed	Confused	Embarrassed	Calm

An "I feel" statement has three parts. Try building yours below:



I feel		when		because	
I feel		when		because	
I feel		when		because	

Now try re-writing these statements with "I feel" statements.

You always take their side.	I feel
It's so unfair	I feel
Everyone else is allowed to - why can't I?	I feel



I feel Happy because you are part of our Mind Crew.