**Feelings Worksheet**

**Step 1. If someone was feeling SAFE…**



1. How might they **think, feel** 2. **Who** might be around?

or **behave**?



3. What might be happening 4. **Where** might they be?

in their **body**?

**Step 2. If someone was feeling UNSAFE…**



1. How might they **think, feel** 2. **Who** might be around?

or **behave**?



3. What might be happening 4. **Where** might they be?

in their **body**?

**Step 3. If you were feeling UNSAFE…**

1. Draw your hand. Write 5 names you could tell? 2. Where are safe places to stay?
2. What can you do to feel better?

**Remember, everyone deserves to feel safe and listened to.**