

Worksheet on RELAXED Feeling



7# Draw your picture when you felt RELAXED -

6 # Write Three things You Can do to feel RELAXED :

1.
2.
3.

5 # Write about the last time- when your were RELAXED :

1.
2.
3.

#1 Try to Tick mark-
RELAXED feeling is...?
1.Positive Feeling 2.Negative Feeling 3.Nutral Feeling

#2 Try to Tick mark-
When you feel RELAXED...?
1. All the Time 2.Frequently 3. Never 4.Hardly Ever 5. Sometimes

#3 Write Three things –That make you RELAXED:

1.
2.
3.

#4 Write Three things- You do when You are RELAXED:

1.
2.
3.

Your name-
Date -