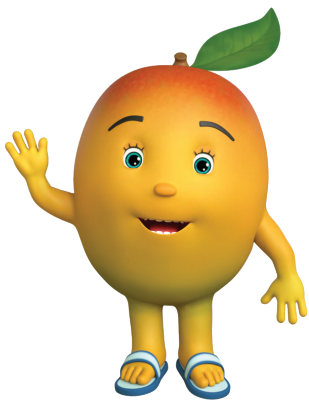




Name _____ Date _____

MR. MANGO'S

SOCIAL & EMOTIONAL FEELINGS WORKSHEET

Let's learn about our feelings together!

1. Circle how you feel right now:

Excited

Sad

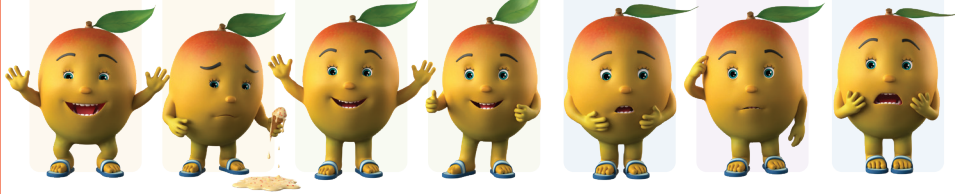
Happy

Proud

Worried

Confused

Scared



I feel: _____

2. What happened that made you feel this way?

3. What is another feeling like this one?

4. Have you felt this way before?

☐

Yes

☐

No

If yes, when? _____

5. Can you explain your feelings to a friend?

I feel _____

because _____

6. What could help you to stay happy?

7. Draw who you will share your feelings with:

8. Draw Mr. Mango showing how YOU feel:

9. What can you do next? (Choose one)

☐

Take a deep
breath

☐

Ask for
help

☐

Talk to
someone

☐

Take a
break

☐

Celebrate!

10. Why did you choose that?

