

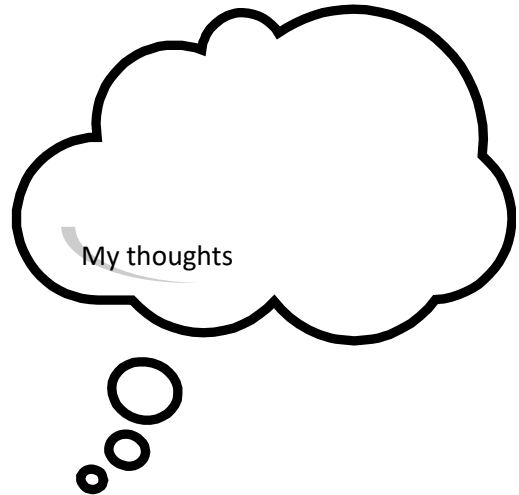
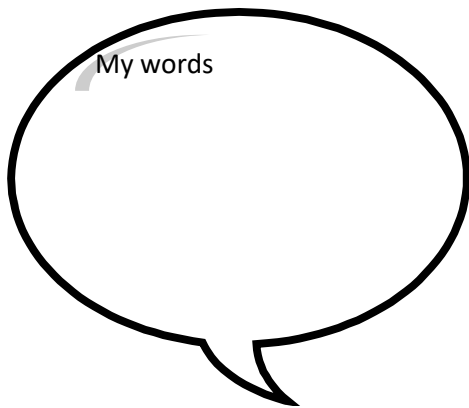
WORK SHEET – Exercise 3B

When I'm angry ...



If you were Clarisse and you were unjustly accused, draw the expression on your face and fill in the outline of the body with all the indicators of what would be happening in your body. Color the parts of your body that are experiencing your emotion.

What would you say? What would you think? Think of short sentences with the following words:



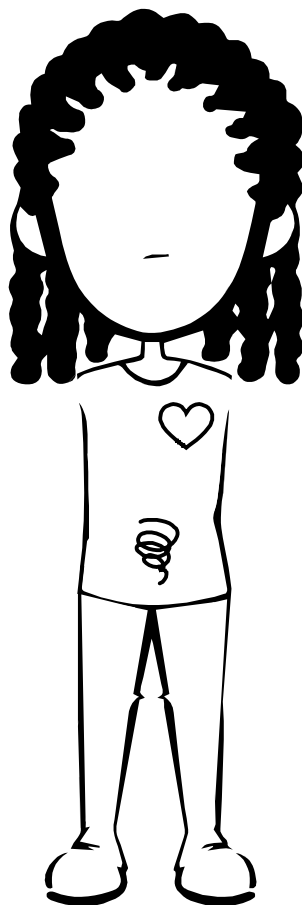
My face

My eyes

My mouth

My arms

My legs



My breathing

My voice

My heart

My stomach

My entire body

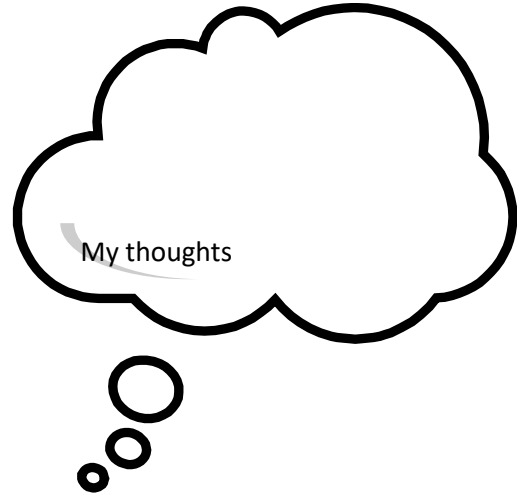
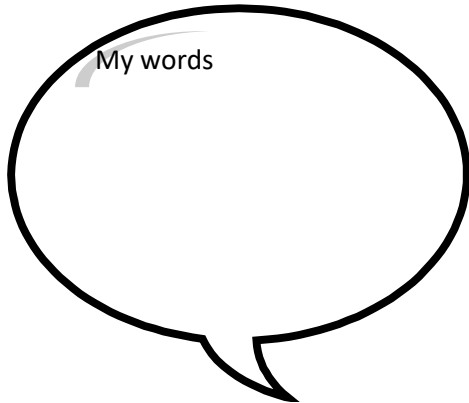
WORK SHEET – Exercise 3B

When I'm angry ...



If you were Robin and you were unjustly accused, draw the expression on your face and fill in the outline of the body with all the indicators of what would be happening in your body. Color the parts of your body that are experiencing your emotion.

What would you say? What would you think? Think of short sentences with the following words:



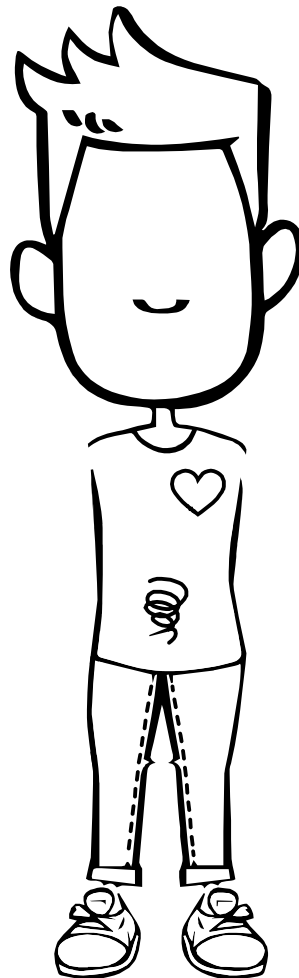
My face

My eyes

My mouth

My arms

My legs



My breathing

My voice

My heart

My stomach

My entire body