

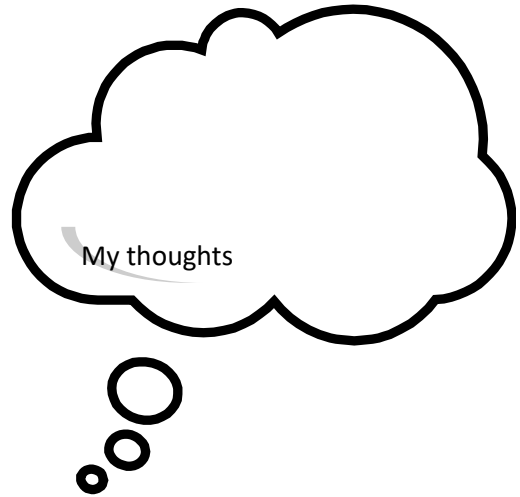
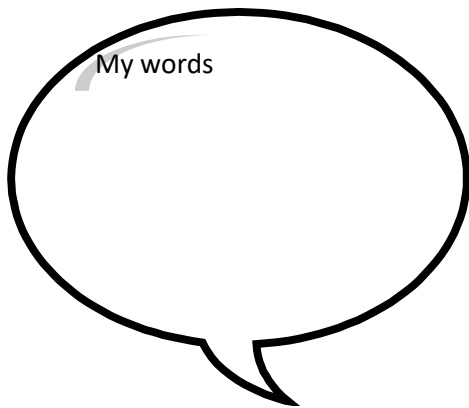
WORK SHEET – Exercise 4B

When I'm sad ...



If you were Clarisse and your best friend was about to leave town, 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

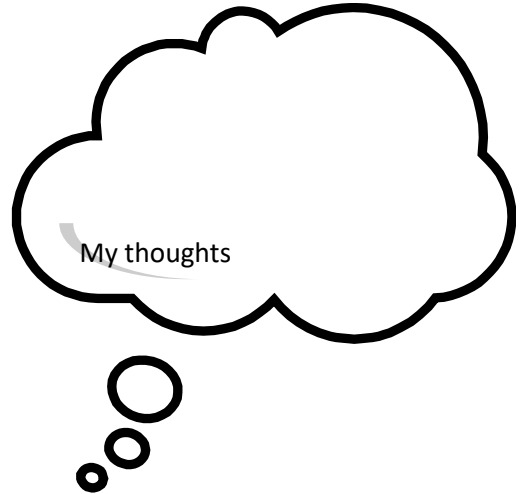
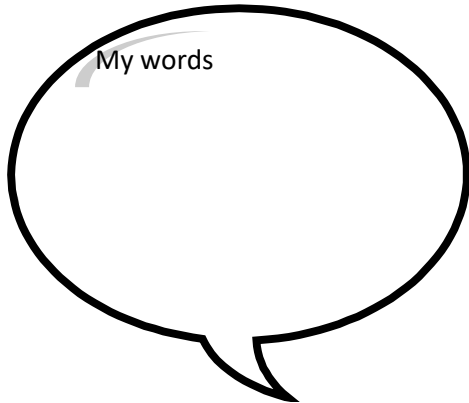
WORK SHEET – Exercise 4B

When I'm sad ...



If you were Robin and your best friend was about to leave town, 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:



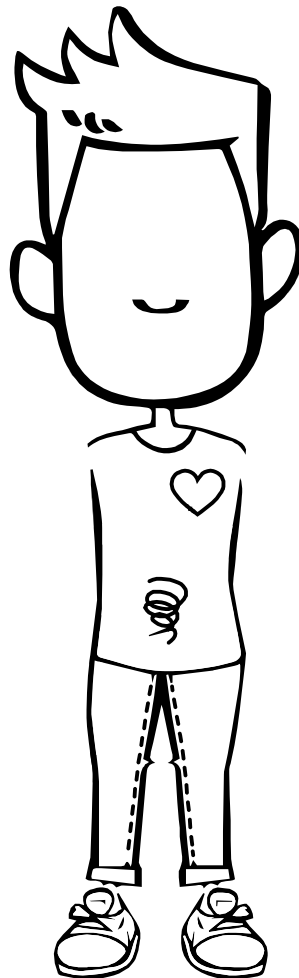
My face

My eyes

My mouth

My arms

My legs



My breathing

My voice

My heart

My stomach

My entire body