

WORKSHEET: FEELING CHART

Transition to Life After a Pandemic <https://amzn.to/3eRZhO4>



INSTRUCTIONS

- Give the **prompt**: "On each piece of paper (or Post-It), write down ten things you are frustrated or angry about."
- Have the student organize the papers or Post-Its from most frustrating/angering to least frustrating/angering.
- Discuss why the student put them in that order.
- Ask, "How can I help?"

1
MOST FRUSTRATING

2

3

4

5

6

7

8

9

10
LEAST FRUSTRATING

