

Responsible Action Sheet

This handout was adapted from *School Volunteer Handbook: A Simple Guide for K-6 Teachers and Parents* and is shared with permission from authors Yael Calhoun and Elizabeth Q. Finlinson. The handout accompanies the lesson plan "Be the Boss: A Lesson Plan on Managing Feelings," available at http://www.educationworld.com/a_lesson/lesson-plan-managing-feelings.shtml.

I am the BOSS of my feelings!

When I get angry, it helps me feel better if I _____ .

When I feel sad, it helps me feel better if I _____ .

When I feel anxious or nervous, it helps me feel better if I _____ .

When I feel grumpy, it helps me if I _____ .

When I feel lonely, it helps me if I _____ .

When I feel embarrassed, it helps if I _____ .

When I feel sick, it helps me feel better if I _____ .

When I feel silly, I like to _____ .

When I feel disappointed, it helps me if I _____ .

When I am honest, I feel _____ .

When I feel _____ , it helps me feel better if I _____ .