

Things which make me happy

Icons on the left: a thumbs up, a green checkmark, and a green smiley face.

Things which make me angry

Icons on the right: a thumbs up, a red X, and a red sad face.

Things which make my brother/sister happy

Icons on the right: a thumbs up, a green checkmark, and a green smiley face.

Things which make my brother/sister angry

Icons on the left: a thumbs up, a red X, and a red sad face.



Our Feelings

There are things that make us happy and things that make us sad, and by writing these feelings down we can learn so much about how best we can help each other!

You can complete this worksheet with your family