

What You Say vs. What You May Feel

Part of being mindful is being able to label how we are feeling. Read the statements below and identify the feelings that are represented by the statement. Think about ideas for things the person could do—or a friend could do—to help them feel better.

1. “Leave me alone. Nobody cares about me.”

Feelings: _____

Action ideas: _____

2. “I don’t need your help. I can do this alone.”

Feelings: _____

Action ideas: _____

3. “We’re supposed to be best friends! I can’t believe you told on me!”

Feelings: _____

Action ideas: _____

4. “Yeah, I guess I was mean to her. I shouldn’t have said what I did.”

Feelings: _____

Action ideas: _____

5. “I can write in my book if I want. It’s mine. I can do what I want with it.”

Feelings: _____

Action ideas: _____

6. “You never get mad at *her*, just at me!”

Feelings: _____

Action ideas: _____

7. “I’ll never do as well as he does, no matter how long I practice.”

Feelings: _____

Action ideas: _____

8. “There’s nothing to do. I’m bored.”

Feelings: _____

Action ideas: _____

9. “I give up. I can’t figure it out. I’ll never be able to figure it out.”

Feelings: _____

Action ideas: _____

10. “This is dumb! I hate school.”

Feelings: _____

Action ideas: _____