

Help Letter

I feel

Sad

Angry

Confused

Worried

Scared

Can you draw or write why?

From _____

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Can you draw or write why?

From _____

Here is a word
bank to help you
fill this in

Sad

Frustrated

Angry

Lonely

Nervous

Irritated

Scared

Stressed

Confused

A letter about how I'm feeling

Dear _____

I have been feeling _____

I have been feeling this way because _____

I have also been feeling _____

Because _____

To help me feel better I think it might help if _____

From _____

