

When You Feel Down Worksheet

☆ What would you do when you feel down?

☆ How would you relieve your stress?

☆ Have you ever punched a pillow to relieve your pressure?

☆ Do you think running or jogging can relieve your pressure?

☆ Do you agree with the idea that shouting at a toilet is a good way to get rid of negative feelings?

☆ Which way in the book would you choose to relieve yourself?

