

Feelings & Needs Worksheet

Helping Students Identify Emotions and Express What They Need

School Counselor Resource Series

Purpose

Understanding our emotions is the first step toward responding to them in healthy ways. This worksheet helps students identify what they're feeling, explore what may be contributing to those feelings, and consider the support or actions that may help.

How Am I Feeling Today?

Check all that apply.

- ☐ Happy
- ☐ Calm
- ☐ Excited
- ☐ Hopeful
- ☐ Confident
- ☐ Proud
- ☐ Nervous
- ☐ Worried
- ☐ Frustrated
- ☐ Angry
- ☐ Embarrassed
- ☐ Lonely
- ☐ Sad

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- ☐ Disappointed
- ☐ Confused
- ☐ Overwhelmed
- ☐ Tired
- ☐ Other:

How Strong Are These Feelings?

Circle one.

Very Mild • Mild • Moderate • Strong • Very Strong

What Happened?

What happened before you started feeling this way?

What Do You Think You Need Right Now?

- ☐ Someone to listen
- ☐ A quiet place
- ☐ Encouragement
- ☐ Help solving a problem
- ☐ Time to calm down
- ☐ A break
- ☐ Reassurance
- ☐ More information

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- ☐ An apology
- ☐ Time with someone I trust
- ☐ Other:

What Usually Helps?

Check anything that has helped you before.

- ☐ Talking with someone
- ☐ Taking deep breaths
- ☐ Prayer or quiet reflection
- ☐ Going for a walk
- ☐ Listening to music
- ☐ Drawing or coloring
- ☐ Reading
- ☐ Exercising
- ☐ Taking a short break
- ☐ Spending time with family or friends
- ☐ Other:

What Is One Healthy Choice I Can Make Today?

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Who Can Support Me?

People I can talk to:

One Thing I Want Others to Understand

Counselor Notes

Primary emotion(s):

Needs identified:

Action plan:

Part of the Freedom Path Counseling School Counselor Resource Series

These resources are provided free of charge to support school counselors as they invest in the emotional well-being of students and families. Learn more and access additional downloadable tools at **freedompathcounseling.org/school-counselor-resource-center**

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