

This Week I...

Color in all the things that you did this past week, then talk about it!



Had an anger outburst

Ate something delicious

Got in trouble at school

Used a coping skill at home

Made a new friend

Felt happy

Felt anxious

Watched a new movie

Hit someone

Stole

Created something

Was disrespectful

Received a compliment

Felt angry

Got a good grade

Played a game

Got in trouble at home

Felt embarrassed

Had a friend over

Stayed home sick

Got a bad grade

Lied

Got in a fight with a family member

Did my chores

Got bullied

Felt sad

Cried

Hurt someone's feelings

Made a mistake

Followed directions

Was helpful

Went somewhere really fun

Used bad words

Felt confident

Yelled

Shared my feelings

Shut down

Got in a fight with a friend

Lost a friend

Broke a rule

Gave a compliment

Felt scared

Accomplished something



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