

My Feelings Potion

Choose or write the things that help you feel good.
Think about what helps you feel calm & happy.
Color the ingredients you want to add to your potion!



When I feel worried, I add...

☐ _____
☐ _____
☐ _____



When I feel angry, I add...

☐ _____
☐ _____
☐ _____



When I feel sad, I add...

☐ _____
☐ _____
☐ _____



When I feel overwhelmed, I add...

☐ _____
☐ _____
☐ _____



My best magic ingredient is: _____

