



# "My Mixed Up School Year"

Name \_\_\_\_\_ Date \_\_\_\_\_



*Our school year has been flipped upside down!*

A lot of things have changed this school year. How do you feel about all of these changes?

Writing down your thoughts and feelings is a good way to keep your mind healthy.

Fill in the blank spaces below to help you express your emotions.

Right now, I'm feeling \_\_\_\_\_ about these changes.

What I worry about most is \_\_\_\_\_

What I don't understand is \_\_\_\_\_

One thing I miss about school is \_\_\_\_\_

What I'm most frustrated about is \_\_\_\_\_

I hope \_\_\_\_\_

Three things I like about what's happening is

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



When I feel upset,  
I can use my breath.

The next time you feel frustrated or worried try this:

- Breathe in through your nose and gather all of the sad, mad, worried and frustrating feelings in your body.
- Next, blow your frustrating feelings out of your mouth and into a big green balloon.
- Do it again, and this time, lie down and relax your whole body. When all those emotions are in your green balloon, tie it up and let it go. Watch it disappear into the sky.
- Now, think of a really funny memory and let your whole body smile.

Color, decorate and cut out this balloon.  
Then, hang it somewhere in your room!

