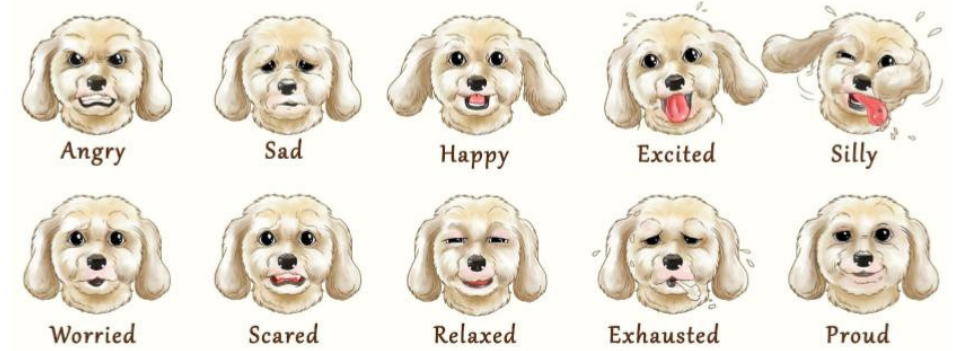


JETER THE THERAPY DOG'S EMOTIONS/FEELINGS ACTIVITY BOOK



@Jeterthetherapydog

Feelings Bank

Angry Sad Happy
Excited
Scared Worried
Exhausted Proud
Silly Relaxed

SELF-CARE

is important for our mind and body!
I eat healthy snacks, play fetch, color,
spend time with my family, and
solve fun puzzles!



Write or draw your favorite
self-care activity.

JETER THE THERAPY DOG WORD SEARCH

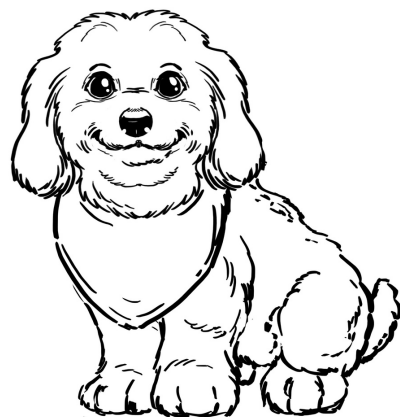


Find the following words in the puzzle.
Words are hidden → and ↓ .

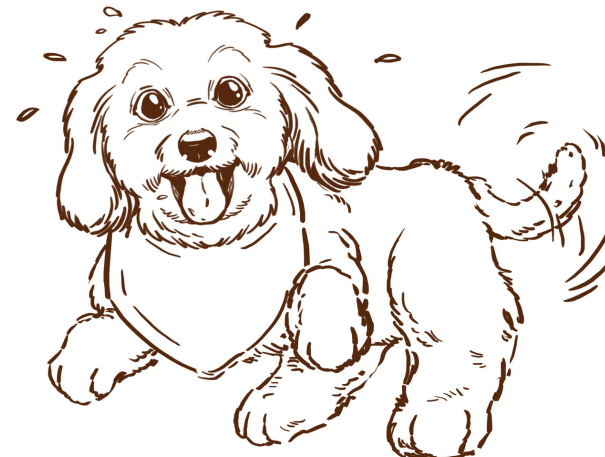
ANGRY
BALL
DOG
EXHAUSTED
FEELINGS

FETCH
HAPPY
JETER
PROUD
SAD

SCARED
SILLY



HOW DOES JETER FEEL?



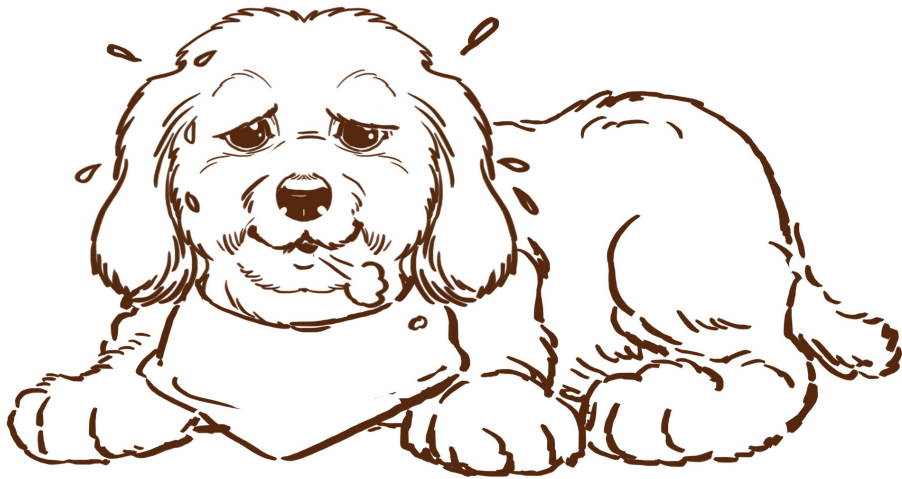
"My tail is wagging with joy!
Working with and seeing Selma
students makes me feel _____!"

How can you tell what
Jeter is feeling?



"Last night I stayed up past my bedtime because I was playing video games. Today my brain is having a tough time paying attention to my work and listening to my teacher.

Today, I'm feeling _____."



Jeter needs plenty of sleep and rest to do his best everyday!



"Woo-Hoo! We are back to in-person learning! I feel excitement and delight from my head to my tail! My tail is wagging so fast!

I feel _____!"

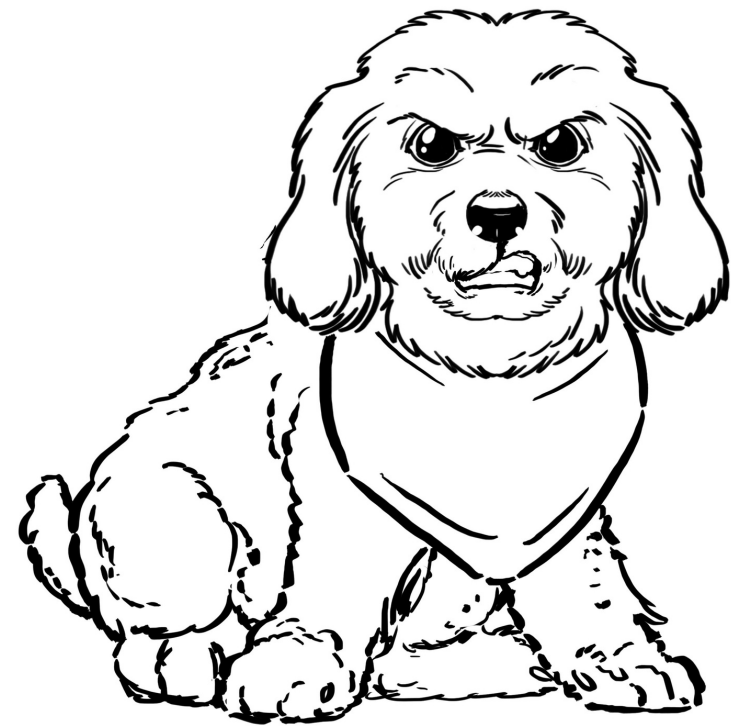


"My face feels hot, my brain is shut off, my bark is getting louder, I feel like I'm going to explode!"

I'm feeling _____"

"I was watching YouTube and playing Roblox last night and forgot to finish my homework!"

I'm feeling _____ that I didn't finish my homework."



**Help Jeter identify
and match his feelings.**



SILLY



RELAXED



SCARED



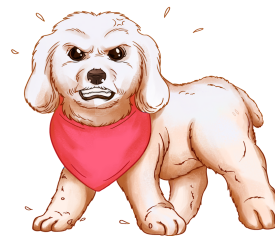
SAD



PROUD

When Jeter Feels...

List 3 things he can do.



Example: Take a break

1. _____
2. _____
3. _____



Example: Talk to a family member

1. _____
2. _____
3. _____