



Worksheet #1 (Morris M.)

Place a check mark (✓) next to all the activities you can do when you are feeling sad (use Morris M. as an example).

(Morris M.)

- Read (book, magazine, comic book etc.).
- ✓ Play a Sport (soccer, baseball, etc.)
- ✓ Take a Bath
- Swim
- Call a Friend
- Write in my Journal
- Take a Walk
- ✓ Build Legos

(Me)

- Read (book, magazine, comic book etc.).
- Play a Sport (soccer, baseball, etc.)
- Take a Bath
- Swim
- Call a Friend
- Write in my Journal
- Take a Walk
- Build Legos