



WHEN SOMEONE YOU LOVE IS ILL...

Circle all the emotions that they might be feeling.

I REMEMBER
HOW I FELT
WHEN I WAS ILL...

happy

upset

worried

angry

pleased

low

frightened

uncomfortable

tearful

tired

energetic

grumpy

stressed

proud

excited





WHEN SOMEONE YOU LOVE IS ILL...

Can you write down 6 things you can do to help them feel better?


