



Your Emotions and Physical Activity Choices

Emotions and physical activity are real and vary from person to person. Use this worksheet to list which physical activities make you feel **HAPPY**, **SCARED**, **NERVOUS** and **FRUSTRATED**. Be honest as it will become clear what physical activities are best suited for you.

<p>What physical activities makes you feel HAPPY? 😊</p>	<p>What physical activities makes you feel SCARED? 😨</p>
<p>What physical activities makes you feel NERVOUS? 😬</p>	<p>What physical activities makes you feel FRUSTRATED? 😡</p>