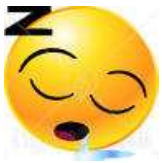
I was feeling:

Angry	Sad	Worried	Tired 
Scared	Hyper/Silly	Frustrated/Sick	Embarrassed

Because:

School work/Tests	Angry Teacher	Too Much Energy	Touched/Bullied
Hurtful Words	Missing Someone	Making a Mistake	Other

What helped:

Breathing	Coloring	Listening	Reading
Squeezing	Fidgeting	Exercising	Other