HEALTHY TRANSITIONS
Promoting Resilience and Mental Health in Young Adolescents

Student Worksheets
Grade 5

Ottawa Public Health
School Health Online
## Emotions

Fill in the blanks. How would you feel in each situation?

**Statements for students:**

1. Your pet has been missing since last night. __________
2. You win third place at a track and field race. __________
3. You find out that someone has been going through your personal stuff in your room. __________
4. You have to prepare for an oral presentation. __________
5. Your grandparents unexpectedly pick you up from school. __________
6. Someone made fun of your clothing. ____________
7. Your parents have signed you up for a week at a sleepaway summer camp. __________
8. Your parents take away your privileges (tv, computer, video game, phone privileges, etc.). __________
9. You have an argument with your best friend. __________
10. Someone you don't know is knocking at your door. __________

<table>
<thead>
<tr>
<th>Afraid</th>
<th>Happy</th>
<th>Angry</th>
<th>Sad</th>
<th>Disgusted</th>
<th>Surprised</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nervous</td>
<td>Excited</td>
<td>Bothered</td>
<td>Depressed</td>
<td>Dislike</td>
<td>Amazed</td>
</tr>
<tr>
<td>Anxious</td>
<td>Amused</td>
<td>Annoyed</td>
<td>Hopeless</td>
<td>Unpleasant</td>
<td>Shocked</td>
</tr>
<tr>
<td>Scared</td>
<td>Content</td>
<td>Frustrated</td>
<td>Lonely</td>
<td>Offensive</td>
<td>Startled</td>
</tr>
<tr>
<td>Worried</td>
<td>Proud</td>
<td>Agitated</td>
<td>Disappointed</td>
<td>Gross</td>
<td>Confused</td>
</tr>
<tr>
<td>Frightened</td>
<td>Optimistic</td>
<td>Irritated</td>
<td>Ashamed</td>
<td>Revolting</td>
<td>Speechless</td>
</tr>
<tr>
<td>Terrified</td>
<td>Loved</td>
<td>Irritated</td>
<td>Guilty</td>
<td>Nauseating</td>
<td>Unaware</td>
</tr>
<tr>
<td>Uncertain</td>
<td>Relaxed</td>
<td>Resentful</td>
<td>Homesick</td>
<td>Squeamish</td>
<td>Caught off guard</td>
</tr>
<tr>
<td>Overwhelmed</td>
<td>Confident</td>
<td>Jealous</td>
<td>Embarrassed</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>


Helping Hands
Where to Find Help

An adult you trust from your school, family or community

Youth Services Bureau (24/7)
- Crisis Line: 613-260-2360
- Crisis Chat: www.ysb.ca

Kids Help Phone
- Phone (24/7): 1-800-668-6868
- Text (24/7): Text CONNECT to 686868
- Live Chat (open 7 pm – midnight ET): https://kidshelpphone.ca/live-chat/

Hope for Wellness Helpline (First Nations, Métis and Inuit) (24/7)
- Telephone: 1-855-242-3310
- Online Chat: https://www.hopeforwellness.ca/