

# HEALTHY

# TRANSITIONS

Promoting Resilience and Mental Health in Young Adolescents



Student Worksheets  
Grade 5

 Ottawa | Public Health  
Santé publique









## Emotions

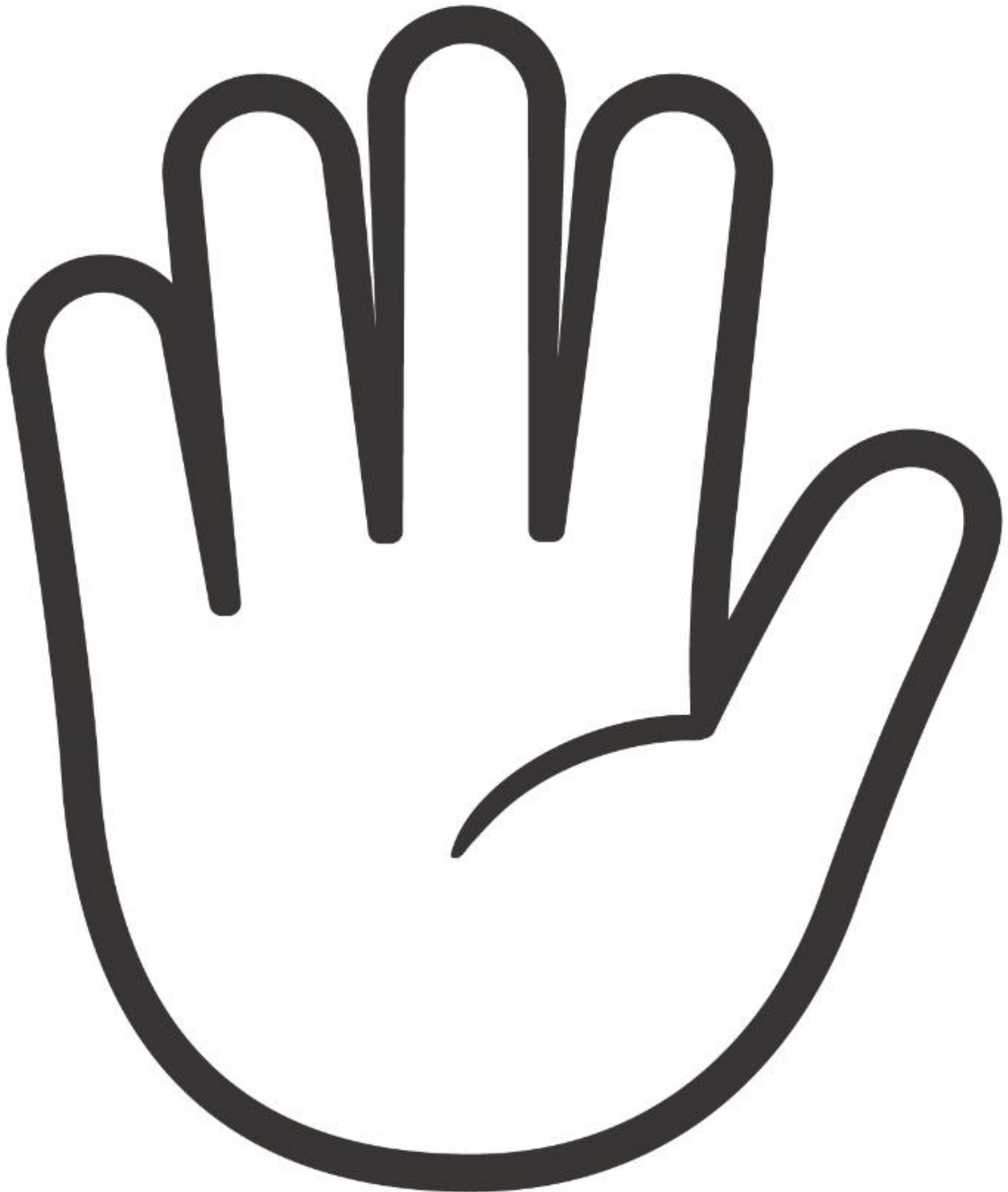
Fill in the blanks. How would you feel in each situation?

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 bestfriend. \_\_\_\_\_
10. Someone you don't know is knocking at your door. \_\_\_\_\_

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

## 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](http://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/>