



Name:

## Emotion Comic Strip

For example, perhaps you had a big exam coming up, or too much homework one week and not enough time to do it in.

Try to think of a time when something happened that gave you a strong emotion and that led you to feel stressed. Draw it in the comic strip below.

A large comic strip template consisting of four panels arranged in a 2x2 grid. The top-left panel has a yellow border, the top-right panel has a blue border, the bottom-left panel has a blue border, and the bottom-right panel has a yellow border. The central horizontal and vertical lines separating the panels are red.