Here is a word bank to help you fill this in

Sad

Frustrated

Angry

Lonely

Nervous

Irritated

Scared

Stressed

Confused

A letter about how I'm feeling

Dear _____

I have been feeling _____

_____

_____

I have been feeling this way because _____

_____

_____

I have also been feeling _____

_____

_____

Because _____

_____

_____

To help me feel better I think it might help if _____

_____

_____

From _____