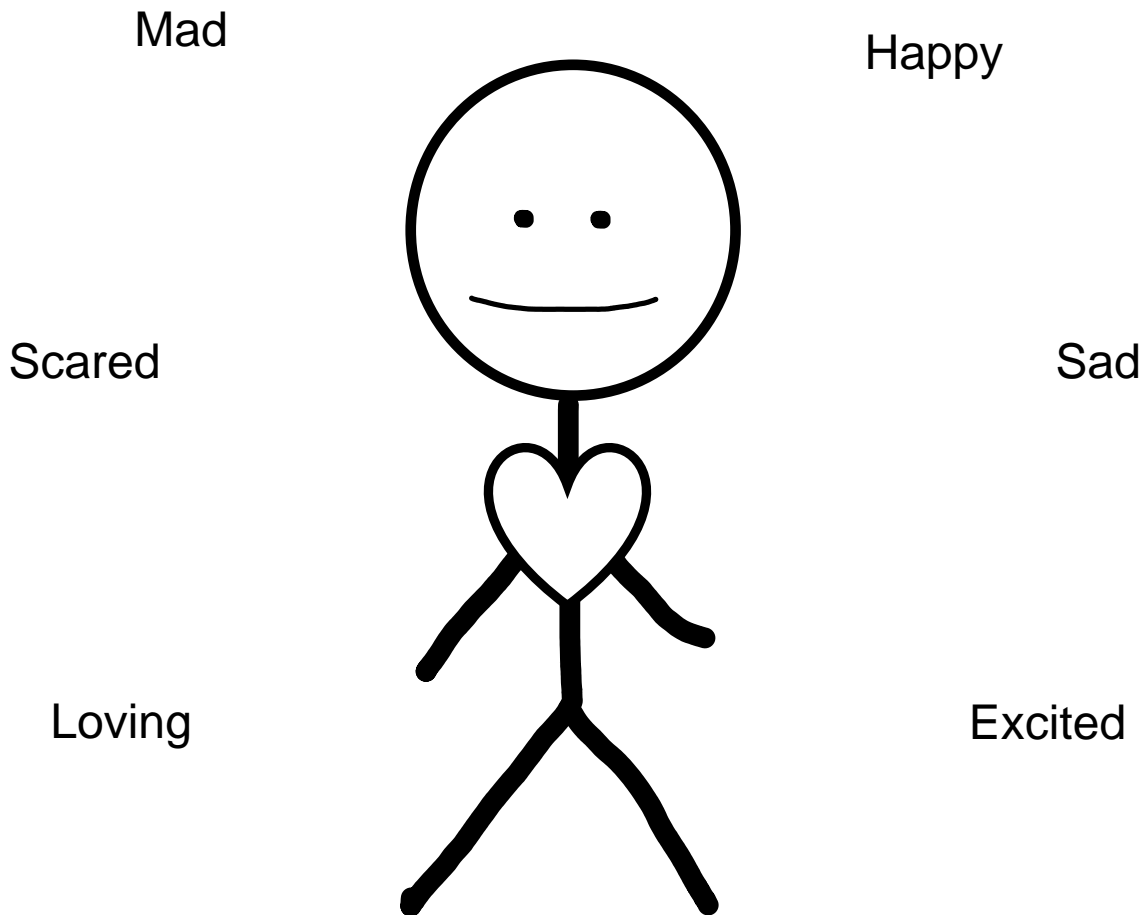


Name: \_\_\_\_\_

# Feel My Emotions

My emotions are felt in my body. If I pay attention to my feelings, I notice I feel them in different areas.

**With different coloured crayons, draw arrows from each word to where in my body I usually feel that feeling:**



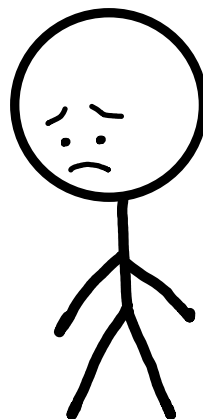
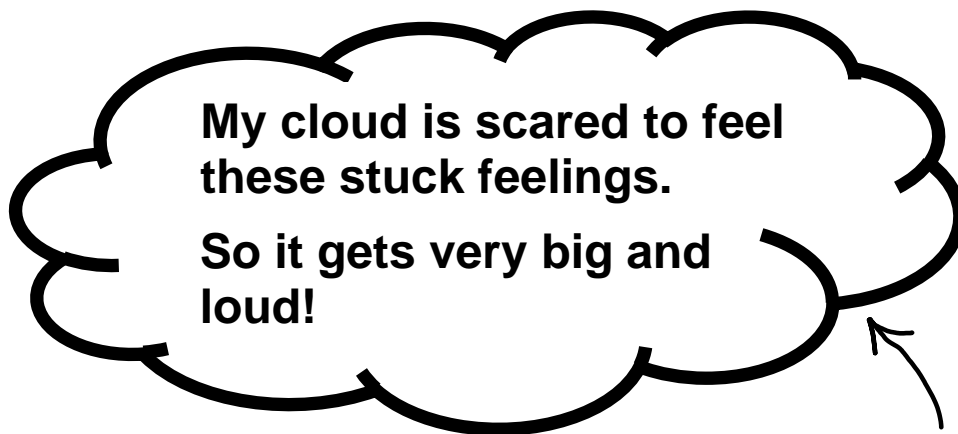
**My sun is always here for me allowing all my different emotions to come and go like the weather.**

Name: \_\_\_\_\_

**Sometimes I may be scared to feel certain feelings. For example, instead of letting sadness bubble up, I may try to ignore it.**



**But feelings need love and attention. And if they don't get it, they can get stuck inside of me.**



If my cloud is loud then my attention stays up here in my mind.

NOT down in my body where my feelings are.

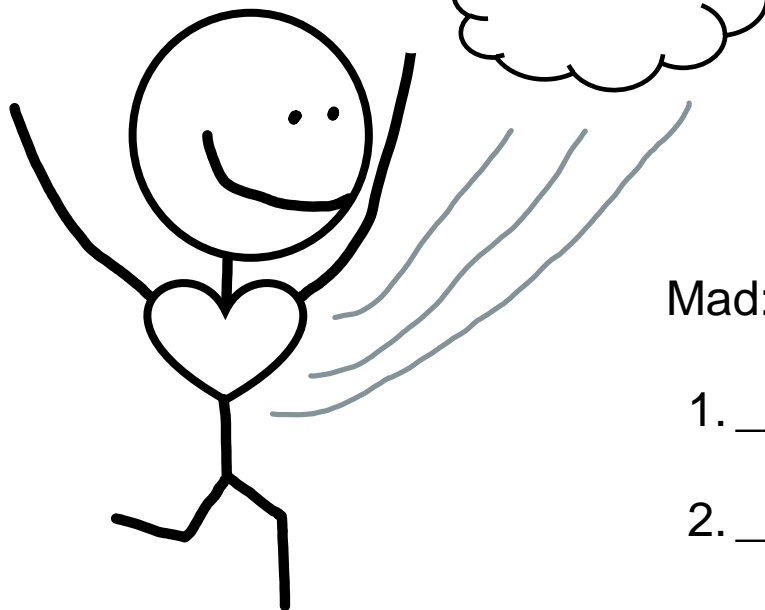
Name: \_\_\_\_\_

**With my sun's loving help, I can feel my feelings. If I do, then my cloud shrinks and I feel free to let my true colours shine!**

**List 3 things I can do to help myself feel each feeling:**

Sad:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



Scared

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Mad:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_