

I KNOW MY EMOTIONS

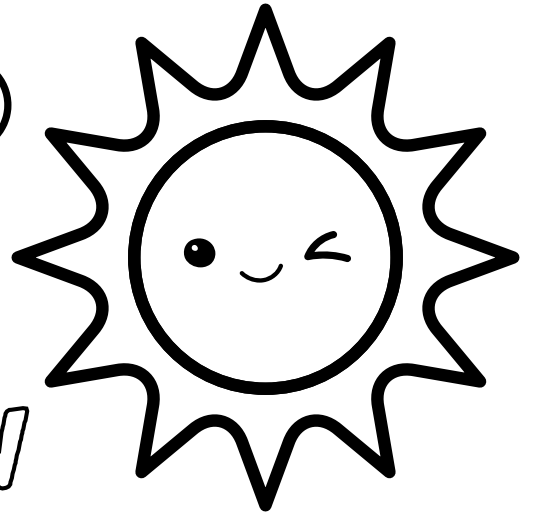
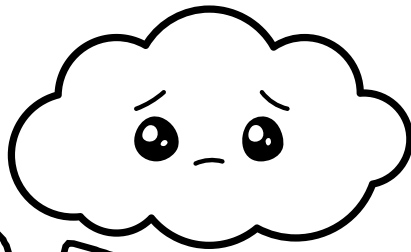


ARE NOTHING TO HIDE.

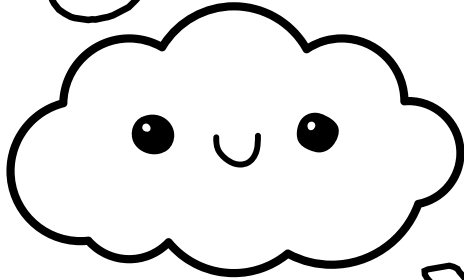
Draw a picture of a time you felt excited.

A large, empty rectangular box with a black border, intended for a child to draw a picture of a time they felt excited.

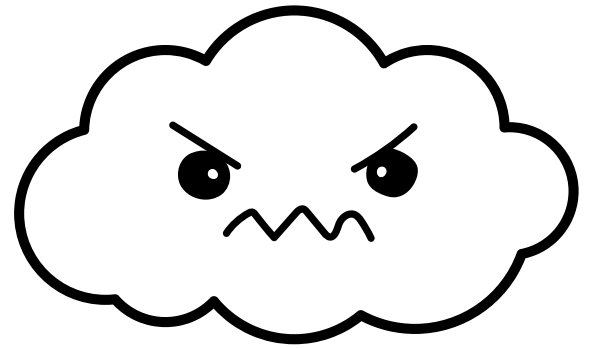
SHARE



HOW



YOU



F E E L

I KNOW MY

EMOTIONS



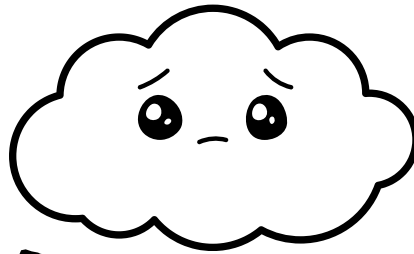
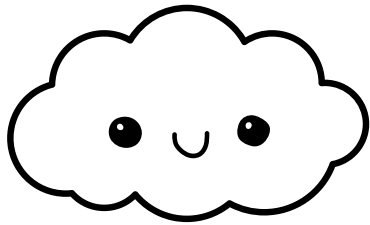
ARE NOTHING TO HIDE.

Draw a picture of a time you felt proud of yourself:

A large, empty rectangular box with a thick black border, intended for a child to draw a picture of a time they felt proud of themselves.

On the lines below, tell more about your drawing:

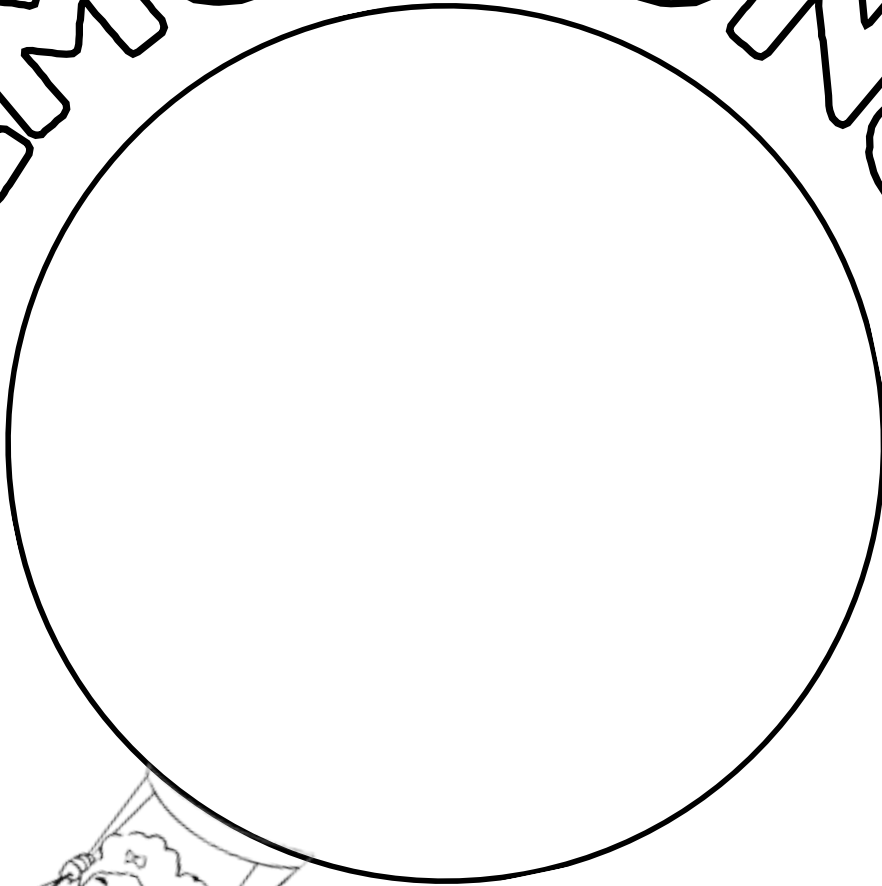
Three horizontal lines spaced vertically, intended for a child to write a description of their drawing.



SHARE

YOUR

EMOTIONS



Draw how you are feeling today inside the circle.

EMOTIONAL ALPHABET

WORD SEARCH

FIND AND CIRCLE THE WORDS.

A	N	X	I	O	U	S	D	D	T	U	P	S	E	T
G	R	A	T	E	F	U	L	I	C	Y	L	O	N	E
S	W	L	I	R	N	I	B	S	T	O	D	E	S	J
H	L	O	S	S	T	W	O	G	P	R	O	U	D	E
O	O	N	R	G	U	T	R	U	U	N	J	E	C	A
C	B	E	D	R	U	O	E	S	A	I	A	A	K	L
K	E	L	I	F	I	S	D	T	C	B	L	R	S	O
E	S	Y	H	S	C	E	P	E	K	M	U	T	L	U
D	E	M	T	R	I	E	D	D	P	O	A	O	Y	S

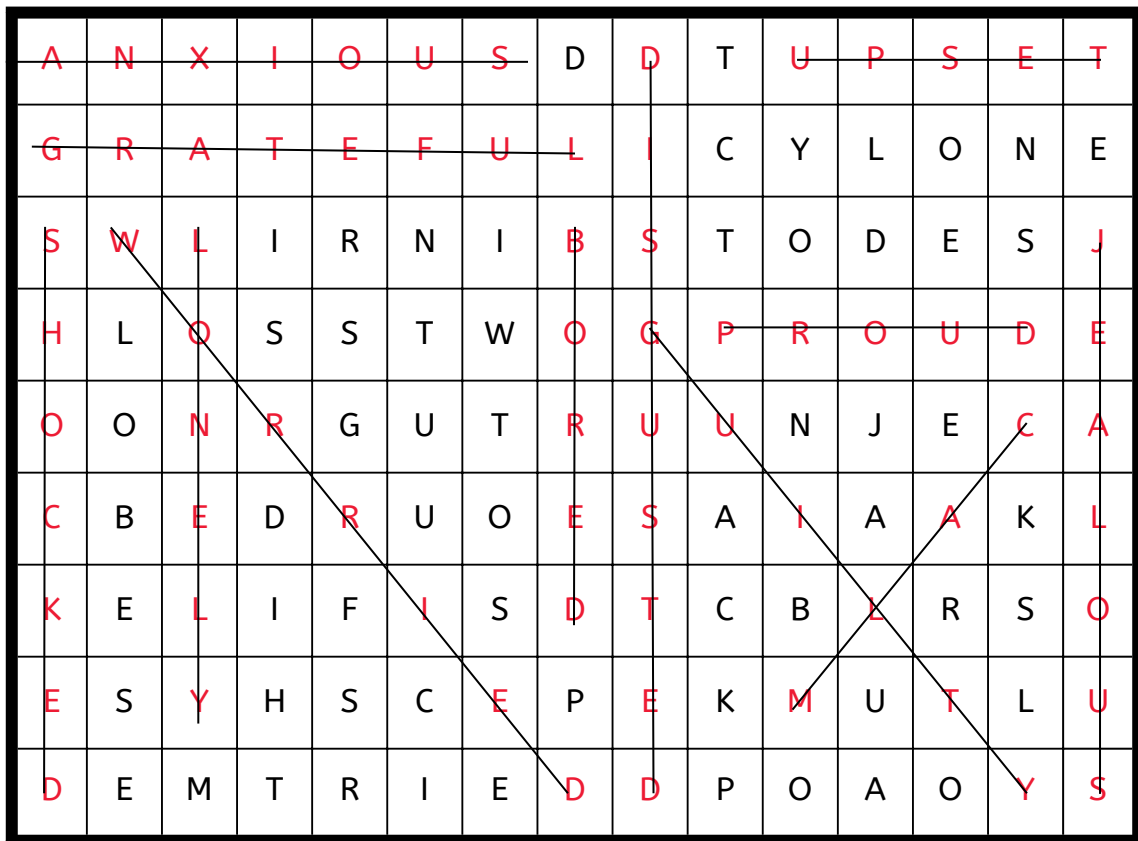
- anxious
- grateful
- upset
- shocked
- disgusted
- lonely
- jealous
- proud
- worried
- calm
- nervous
- bored



EMOTIONAL ALPHABET

WORD SEARCH

FIND AND CIRCLE THE WORDS.



- anxious
- grateful
- upset
- shocked
- disgusted
- lonely
- jealous
- proud
- worried
- calm
- guilty
- bored



NAME THAT EMOTION!

Based on the characters expression, write one or more emotions they might be feeling. Use the word bank to help you.







- | | | | |
|------------|-----------|--------------|-------------|
| • worried | • annoyed | • lonely | • elated |
| • excited | • angry | • jealous | • calm |
| • nervous | • proud | • confused | • disgusted |
| • ecstatic | • curious | • melancholy | • bored |