

Name: _____

Date: _____

FEELINGS & EMOTIONS

Activity 1: Match the Face to the Word

Draw a line to match the feeling face with the correct word.



SAD



HAPPY



SCARED



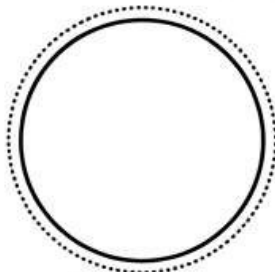
ANGRY



SURPRISED

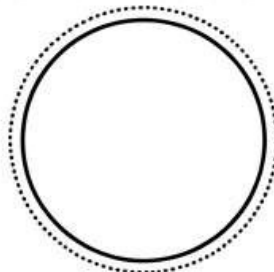
Activity 2: Draw a Face

Draw a face inside each circle to show the feeling.



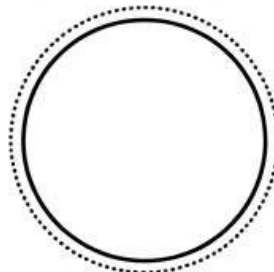
Draw a
HAPPY face

HAPPY



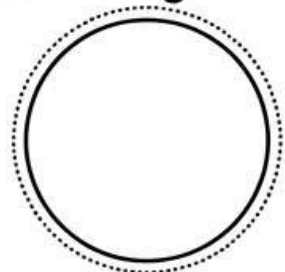
Draw a
SAD face

SAD



Draw an
ANGRY face

ANGRY



Draw a
SURPRISED face

SURPRISED

Great Job!

Name: _____ Date: _____

Cut out the cards. Pick one when you feel big feelings.



TAKE 5
BREATHS



SQUEEZE
A TOY



COUNT
TO 10



ASK FOR
HELP



HAVE A
DRINK OF
WATER



HUG
YOURSELF



TAKE A
QUIET
BREAK



STRETCH
YOUR
ARMS

Date: _____

Fill in the blanks about yourself.

My name is: _____

I am years old

My favorite color is: _____

My favorite food is: _____

Draw pictures in the frames.

Draw yourself

Draw your family

What are you good at? Write it below.

I am good at: _____