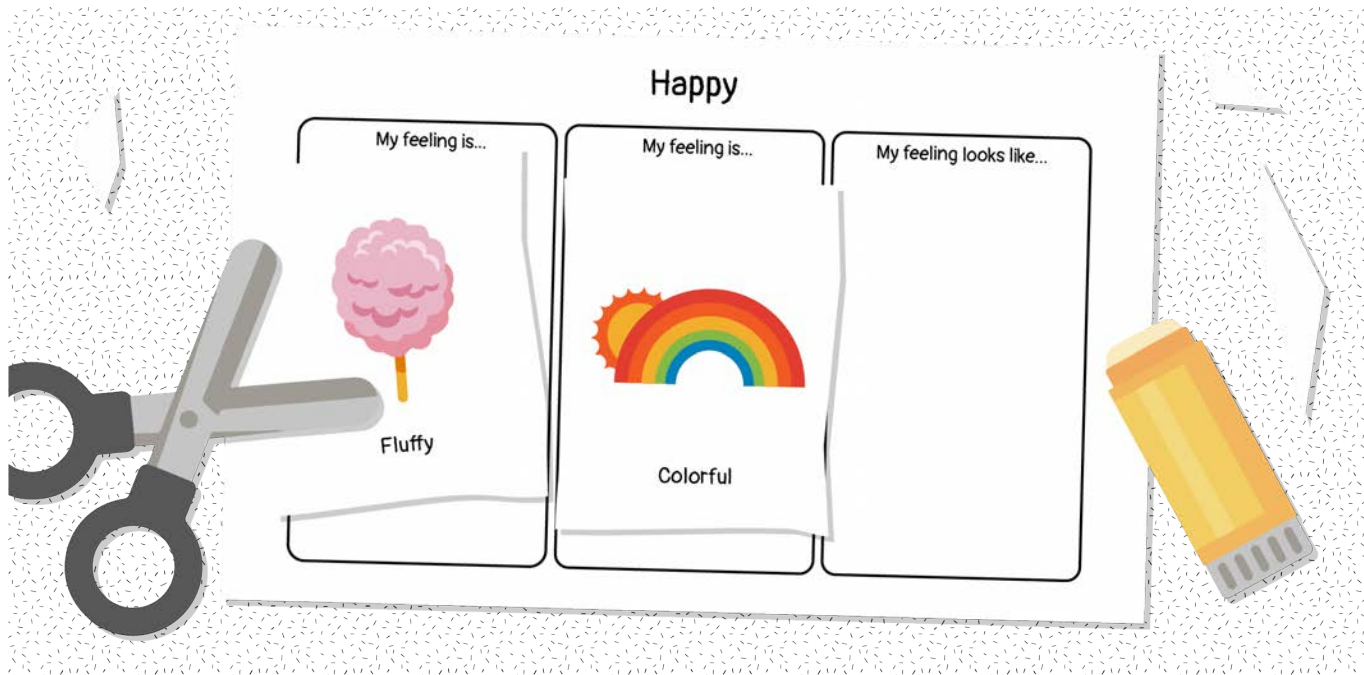


# Dealing with Feelings

## emotion exercise



### Instructor's Guide

#### Materials:

- ✂ Scissors      ✎ Crayons, markers, or colored pencils      🖍 Tape or glue

#### Preparation:

Cut out the cards and lay them on the table.

#### Instructions:

1. "How are you feeling?" Ask the child how they're feeling. They can choose one or more emotion words from the templates, or you can help them write in a different feeling on the blank template.
2. "Which pictures describe your feeling?" Ask them to choose up to two cards per emotion that illustrate their feeling, and then tape or glue the cards onto the template.
3. "What does your feeling look like?" Ask them to draw their feeling. Let them be creative! This could be anything from an object to a self-portrait to a scribble.

When the activity is complete, consider asking the child to elaborate on their picture choices or to tell the story of their feelings.



Hard



Soft



Prickly



Cold



Smooth



Squishy



Sticky



Fluffy



Hot



Destructive



Heavy



Fast



Light



Colorful



Explosive



Stormy



Broken



Fluttery

# Happy

My feeling is...

My feeling is...

My feeling looks like...



# Sad

My feeling is...

My feeling is...

My feeling looks like...

# Angry

My feeling is...

My feeling is...

My feeling looks like...



# Afraid

My feeling is...

My feeling is...

My feeling looks like...

Feeling: \_\_\_\_\_

My feeling is...

My feeling is...

My feeling looks like...



Feeling: \_\_\_\_\_

My feeling is...

My feeling is...

My feeling looks like...