



EMOTIONAL WELLNESS

Activity Book



TODAY I FEEL



Use these emotion words to describe how you feel today.



happy



excited



scared



sad



disgusted



upset



sleepy



annoyed



proud



worried



silly








exhausted

Naming Emotions



Naming our emotions helps us understand what we are feeling and why we are feeling like that. By labeling emotions we learn to regulate them.

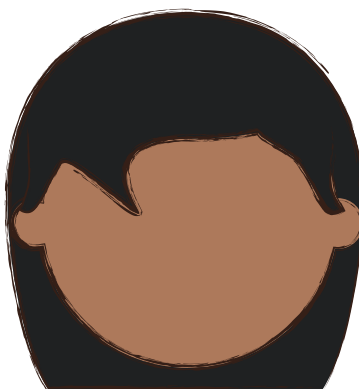
Emotion	I feel	It makes me want to
		
		
		
		
		

FEELINGS

Trace the words and draw a face for each emotion.



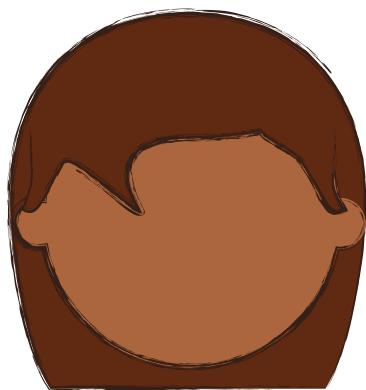
Happy



Sad



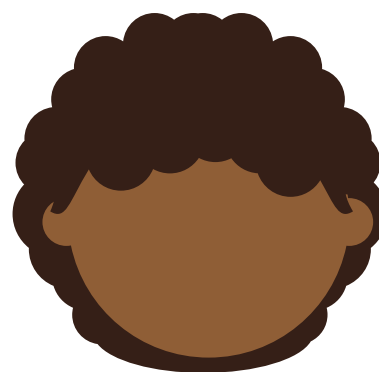
Afraid



Excited



Angry



Silly

My Feelings



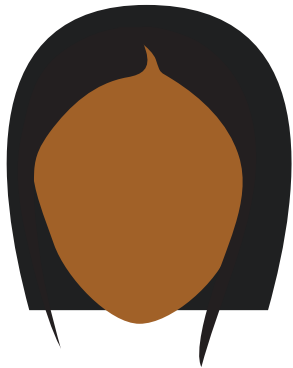
Read and draw feelings on the faces.



I am happy.



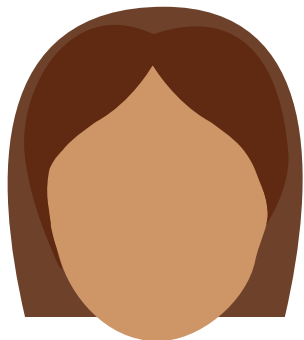
I am sad.



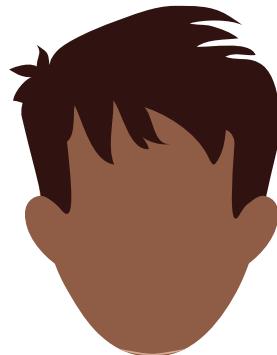
I am angry.



I am scared.



I am sleepy.



I am surprised.

IDENTIFY THE FEELINGS

Read each scenario below and decide how you would feel in each situation. Then, cut out the feeling words at the bottom of the page and paste them into the correct box.

You lost your mom in a store.

You feel hot and your head hurts.

You lost your glasses.


You learned all of your spelling words

Your dog ran away from home.

You're going to a birthday party.

You can't find your glasses.

You can't have the toy you want.

							
happy	sad	scared	angry	proud	worried	excited	sick

Show Me That Feeling

Direction: Inside the box are different feelings.
Draw the face of the person to show each feeling.

happy scared excited
angry surprised loved



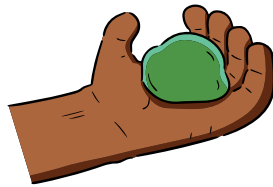
FEEL LIKE HITTING?



Try these things instead:



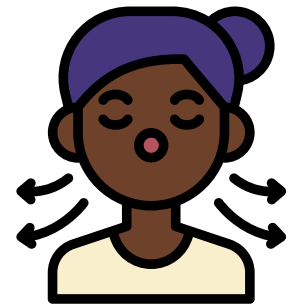
GET A STUFFED TOY
AND SQUEEZE IT



SQUISH SOME
CLAY WITH ALL
YOUR MIGHT



COUNT TO 20



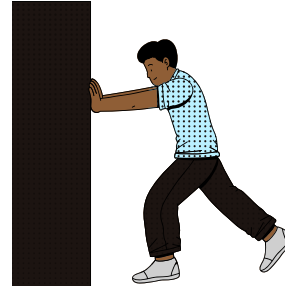
TAKE DEEP
BREATHS



TAKE A WALK OR
GO FOR A RUN



PAINT OR DRAW
YOUR FEELINGS



DO SOME WALL
PUSHES



DO A YOGA POSE



MEDITATE FOR 5
MINUTES



WRITE IN YOUR
JOURNAL



LISTEN TO
CALMING MUSIC



GET A DRINK
OF WATER

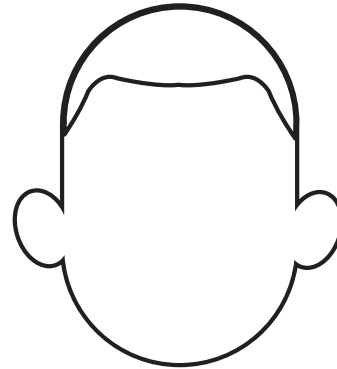


Feeling Angry

Anger looks different for everyone.



- What does your face look like when you're angry? Draw it



- Write and draw 4 things that make you feel angry.

- Write and draw 4 ways in which you express that you are angry.

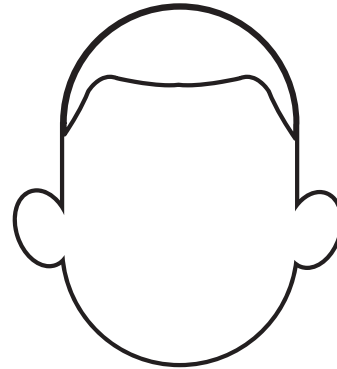


Feeling Worried

Worry looks different for everyone.



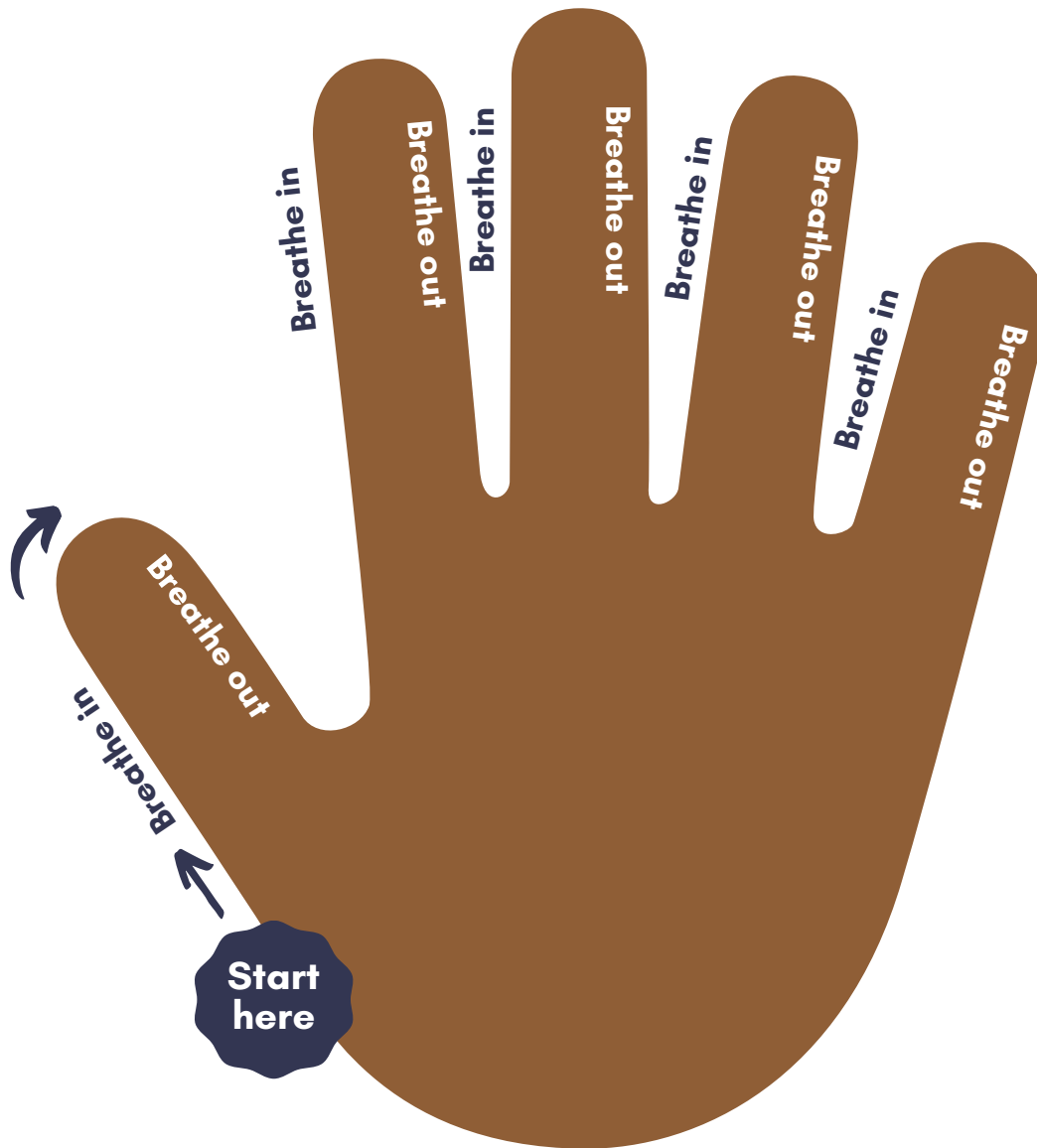
- What does your face look like when you're worried? Draw it



- Write and draw 4 things that make you feel worried.

- Write and draw 4 ways in which you express that you are worried.

CALM YOURSELF WITH A 5 FINGER BREATHING BRAIN BREAK



Slowly trace the outside of the hand with the index finger, breathing in when you trace up a finger and breathing out when you trace down. You can also do this breathing exercise using your own hand.

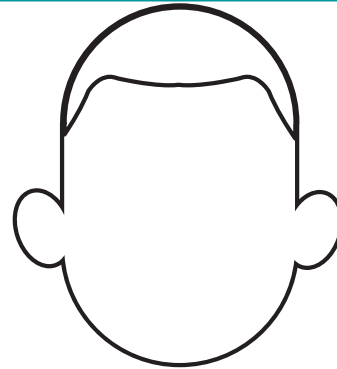


Feeling Sad

Sadness looks different for everyone.



- What does your face look like when you're sad? Draw it



- Write and draw 4 things that make you feel sad.

- Write and draw 4 ways in which you express that you are sad.

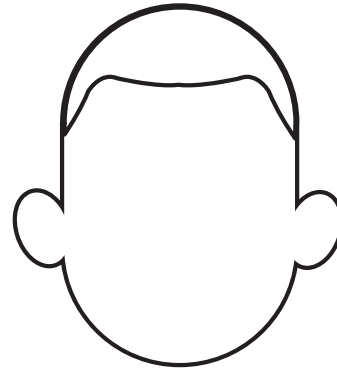


Feeling Happy



Happiness looks different for everyone.

- What does your face look like when you're happy? Draw it



- Write and draw 4 things that make you feel happy.

- Write and draw 4 ways in which you express that you are happy.



Exploring my emotions



Can you name your emotions?

Write the names of these emotions.





















Can you recognize your emotions?

Read and answer about you.

How do you feel when it is your birthday?

How do you feel when your schoolwork is hard?

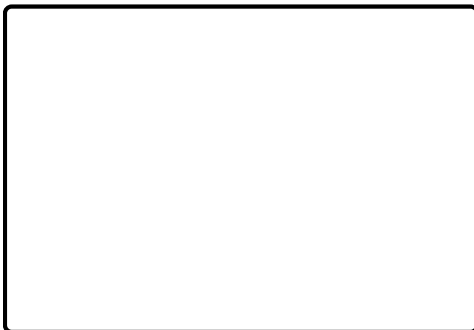
How do you feel when it rains?

How do you feel when someone hugs you?

How do you feel when you have a nightmare?

Can you express and explain your emotions?











Think how you feel at this moment and draw it. Then explain why you feel this way.

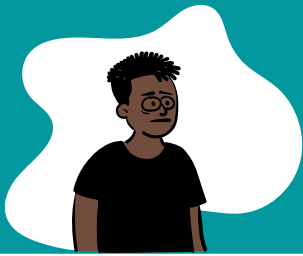


Feelings



Look at the pictures and circle the matching word.

 <p>Sad</p> <p>Happy</p>	 <p>Scared</p> <p>Tired</p>
 <p>Angry</p> <p>Tired</p>	 <p>Angry</p> <p>Sad</p>
 <p>Angry</p> <p>Happy</p>	 <p>Sleepy</p> <p>Excited</p>
 <p>Sad</p> <p>Surprised</p>	 <p>Tired</p> <p>Worried</p>
 <p>Excited</p> <p>Nervous</p>	 <p>Nervous</p> <p>Calm</p>



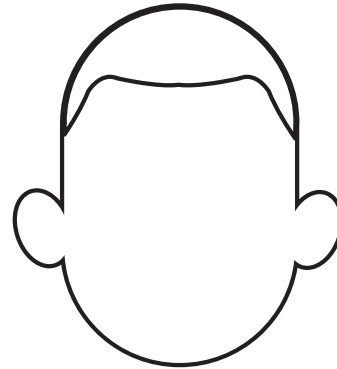
Feeling Scared

Fear looks different for everyone.



- Write two synonyms of "scared."

- What does your face look like when you're scared? Draw it



- Write and draw 4 things that make you feel scared.

- Write and draw 4 ways in which you express that you are scared.



**I need something
to drink**



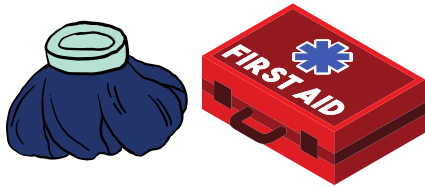
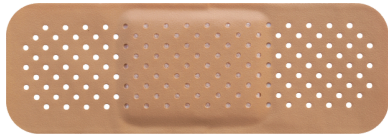
**I need to use
the potty**



I need quiet time



I feel sad



I am hurt



I feel sick



I am sleepy



**I want to
read a book**



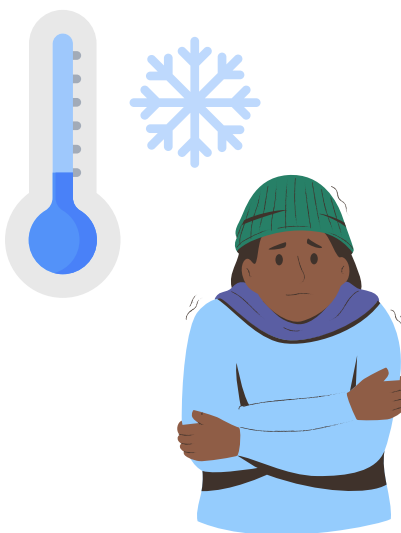
My tummy hurts



I am hungry



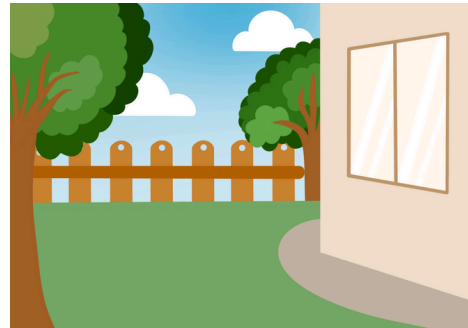
I feel hot



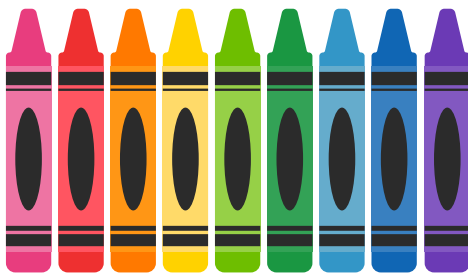
I feel cold



I want a bath



**I want to
go outside**



I want to color



I feel scared



**I want
my tablet**



**I want to listen
to music**



I want a hug



I need a snack



Yes



**I want to
wash my hands**



I need help



No

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