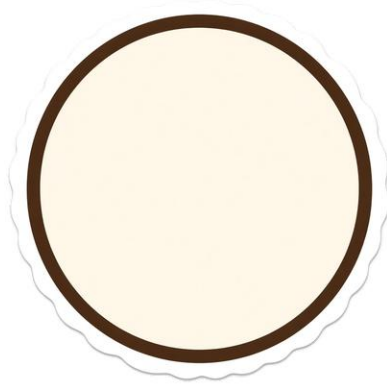


Me and My Feelings

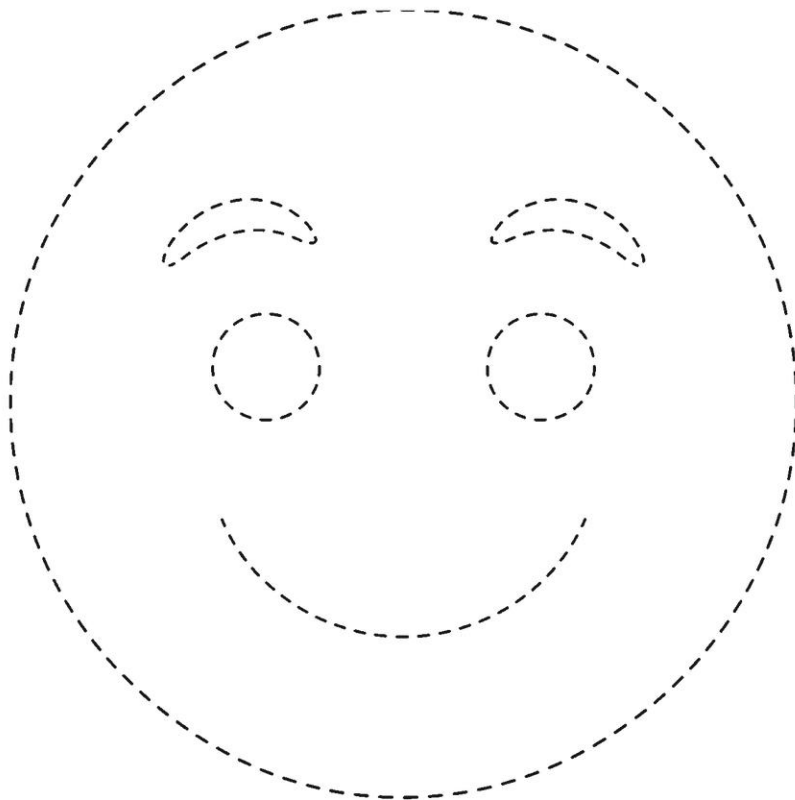
Date _____

Happy

1 Draw a smile on the face.



2 Trace the happy face.



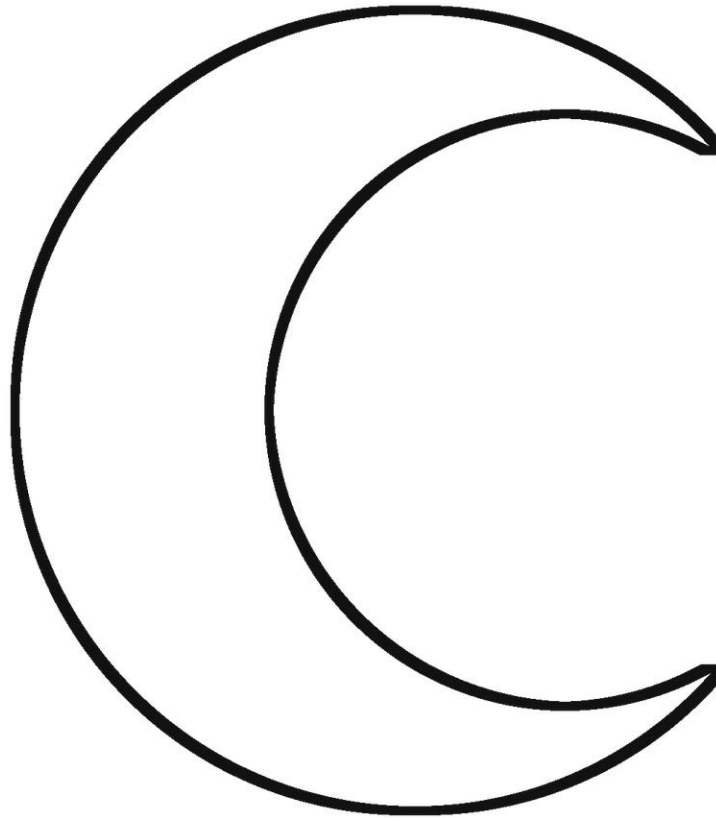
3 Circle the happy face.



Say happy. Draw a smile on the empty face, then circle the happy face.

Sleepy

1 Colour the moon.



2 Circle the bed.



3 Circle the sleepy face.



Say sleepy. Colour the moon, then circle the sleepy face.

Me and My Feelings

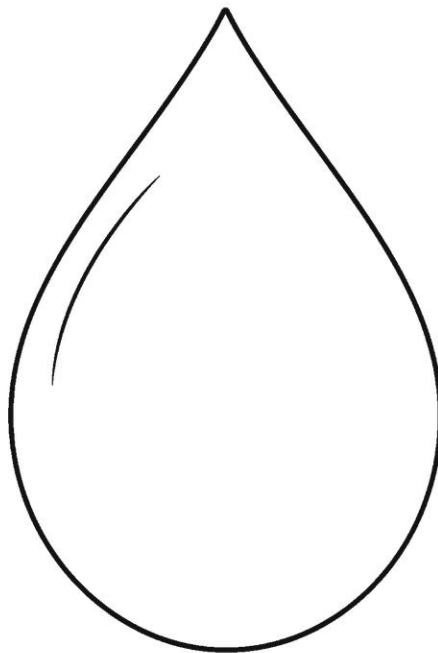
Date _____

Sad

1 Trace the sad face.



2 Colour the tear.



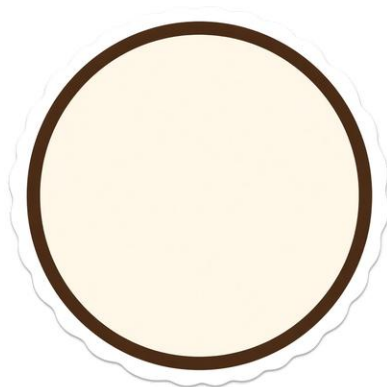
3 Circle the sad face.



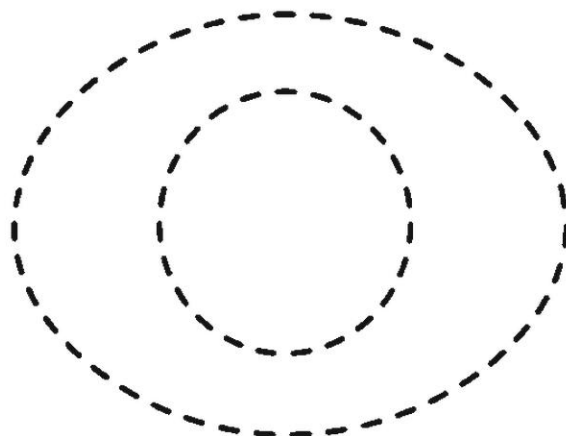
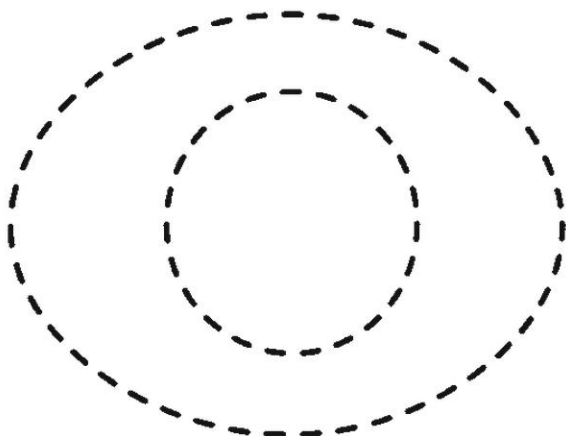
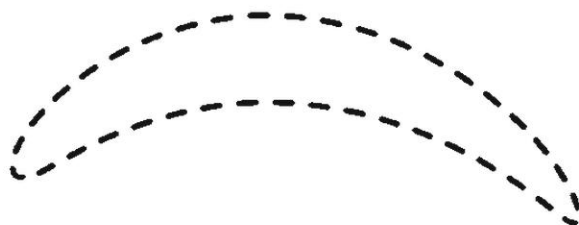
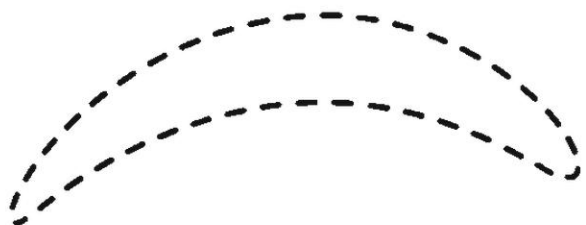
Keep this gentle. Trace the sad face, colour the tear, then circle the sad face.

Excited

1 Draw eyes on the face.



2 Trace the eyes.



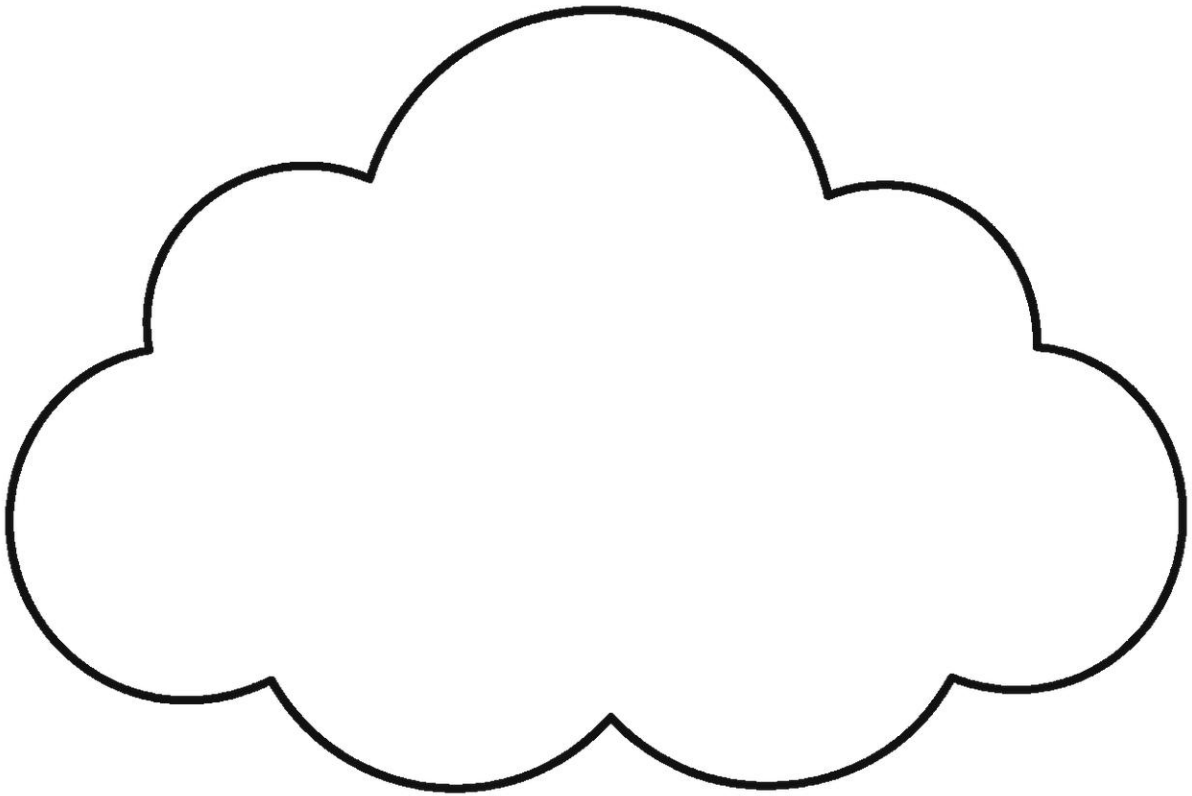
3 Circle the excited face.



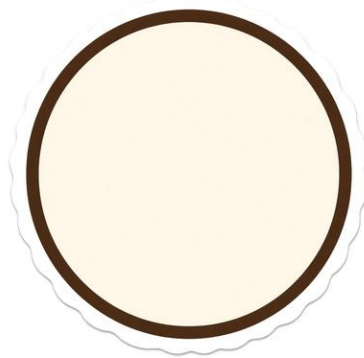
Say excited. Draw eyes on the empty face, then circle the excited face.

Grumpy

1 Scribble the cloud.



2 Draw a mouth on the face.



3 Circle the grumpy face.



Keep this gentle. Scribble inside the cloud, then circle the grumpy face.

Me and My Feelings

Date _____

My body

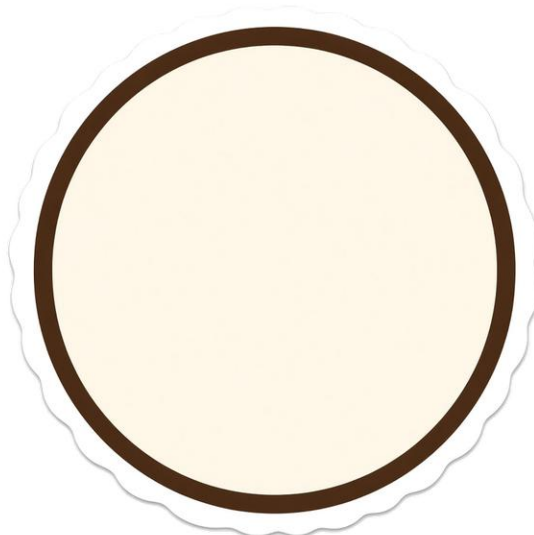
1 Circle Pip.



2 Circle the hand.



3 Draw eyes on the face.



Circle Pip, circle the hand, then draw eyes on the empty face.

Me and My Feelings

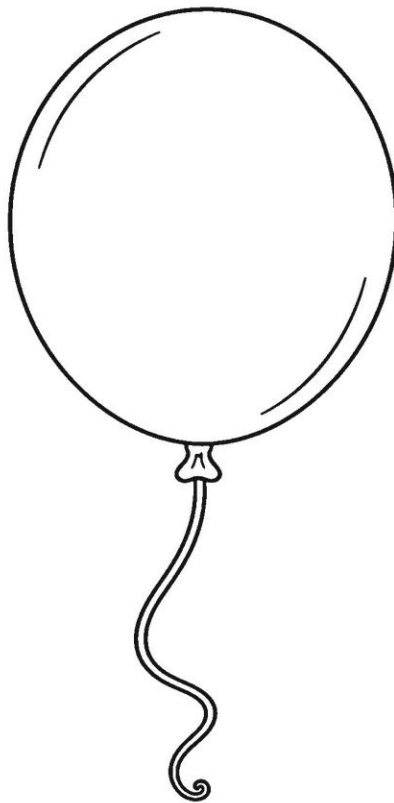
Date _____

Calm down

1 Circle the flower.



2 Colour the balloon.



3 Circle one calm-down picture.



Circle the flower, colour the balloon, then circle one calm-down picture.

Kind hands

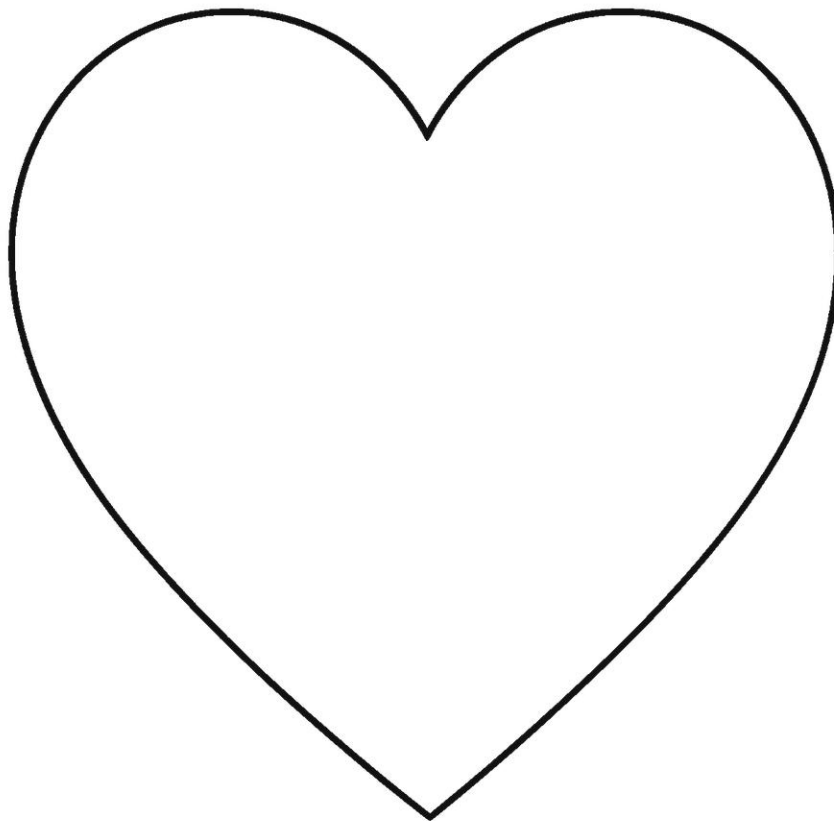
1 Circle the teddy.



2 Circle the hand.



3 Colour the heart.



Circle the teddy and the hand. Colour the heart.