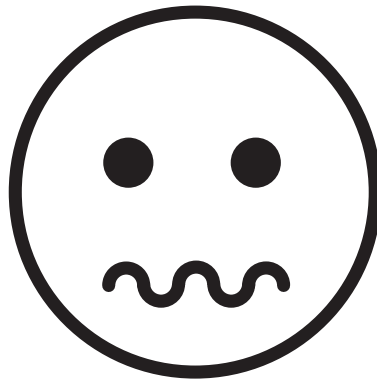


Action-Packed Feelings

Watts loves daring moves and brings his super-charged energy to the Action Pack. But just like us, he experiences BIG feelings sometimes. Color the faces below that show some BIG feelings.



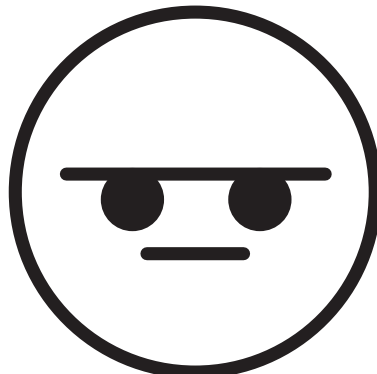
happy



scared



sad



mad



How could you help the Action Pack if they were scared, mad, or sad?
Draw a picture on the back of this sheet to show how you could help Watts work through the feeling.

Families: Help your child express their feelings by talking about different emotions. Ask: *What are some things that make you feel happy? Mad? When was a time you felt sad or scared?* Encourage kids to think about ways they can manage their emotions like Watts—by expressing themselves and not holding things inside.

**Join in more amazing adventures of teamwork and fun.
Catch new episodes of *Action Pack* on Netflix!**