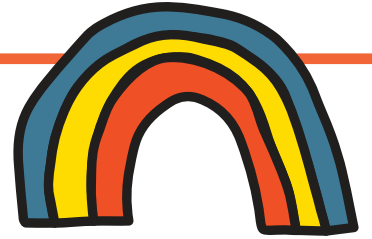


FEELINGS AND MOODS



Part 1: How Do You Feel?

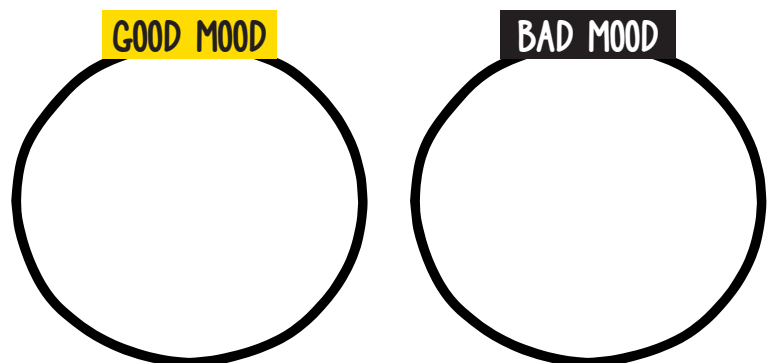
We all experience different feelings and that is OK! Fill this chart to learn about feelings. Circle the feeling words that can cause a bad mood. Underline the feeling words that cause a good mood. Then choose a synonym for each feeling word from the word bank and write it on the blank line. Use the circles to draw a face showing how each feeling looks.

FEELING	SYNONYM	HOW IT LOOKS	WORD BANK
ANGRY	_____		GLUM JOYFUL MAD NERVOUS THRILLED
WORRIED	_____		
HAPPY	_____		
SAD	_____		
EXCITED	_____		

Part 2: Color Breathing

Feeling blue? Try Color Breathing the next time your feelings cause a bad mood.

1. What color makes you think of a happy mood? Color the first circle with that color.
2. What color makes you think of a bad mood? Color the second circle with that color.
3. Close your eyes. Breathe in deeply. Imagine the happy mood color filling your body.
4. As you exhale, imagine the bad mood color leaving your body.
5. Repeat 3-5 times.



IT'S OK TO FEEL THAT WAY!



Part 1: I See How You Feel

Draw a line to match each facial expression to its feeling word.



ANGRY

AFRAID

JOYFUL

SAD

SURPRISED

Part 2: Feeling with Five Senses

Choose a feeling from Part 1 and write a poem about it. Fill in the blanks below to describe the feeling as if it were something you could smell, taste, touch, hear, or see.

Choose a feeling: _____



Smells like _____



Tastes like _____



Feels like _____



Sounds like _____



Looks like _____