Trace the words. Then color the picture.

Name _____ Date _____

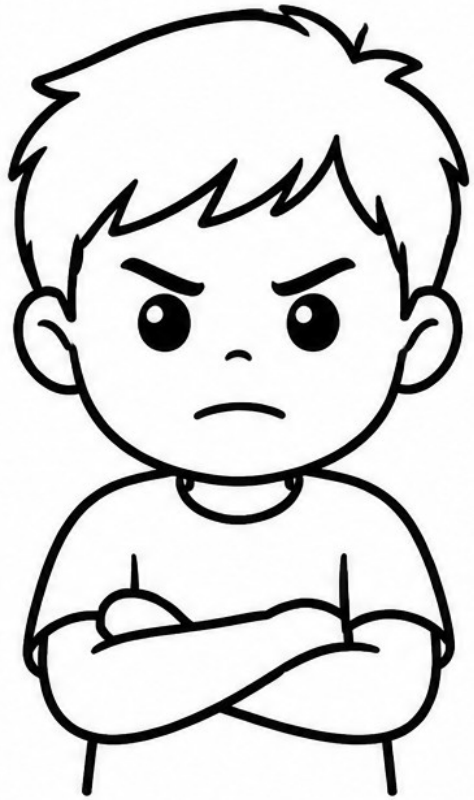
Three Basic Feelings



Happy

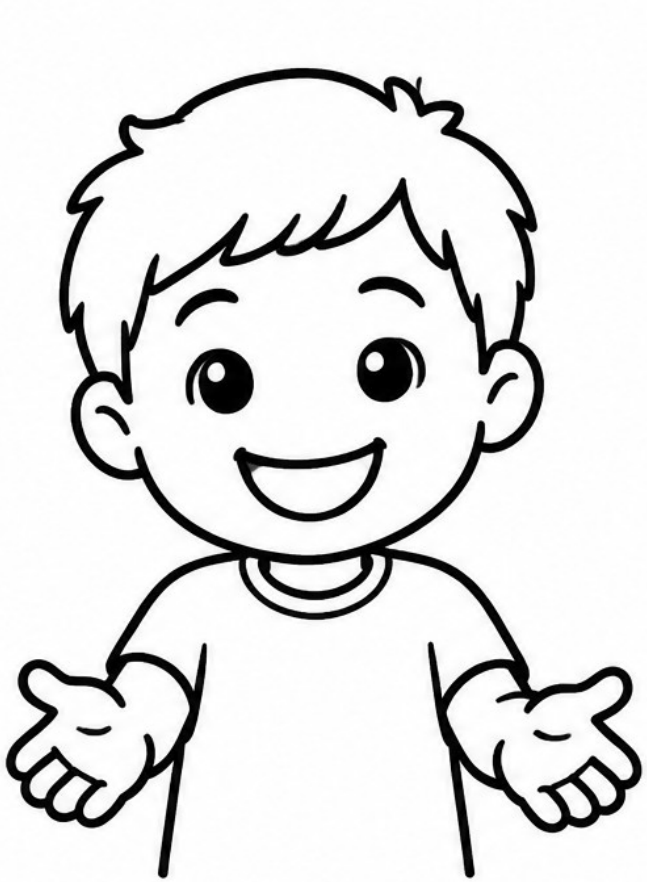


Sad



Angry

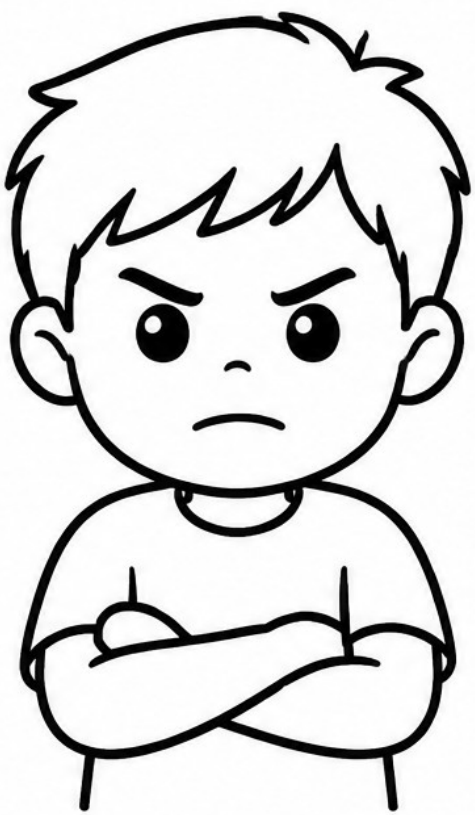
Three Basic Feelings



Happy

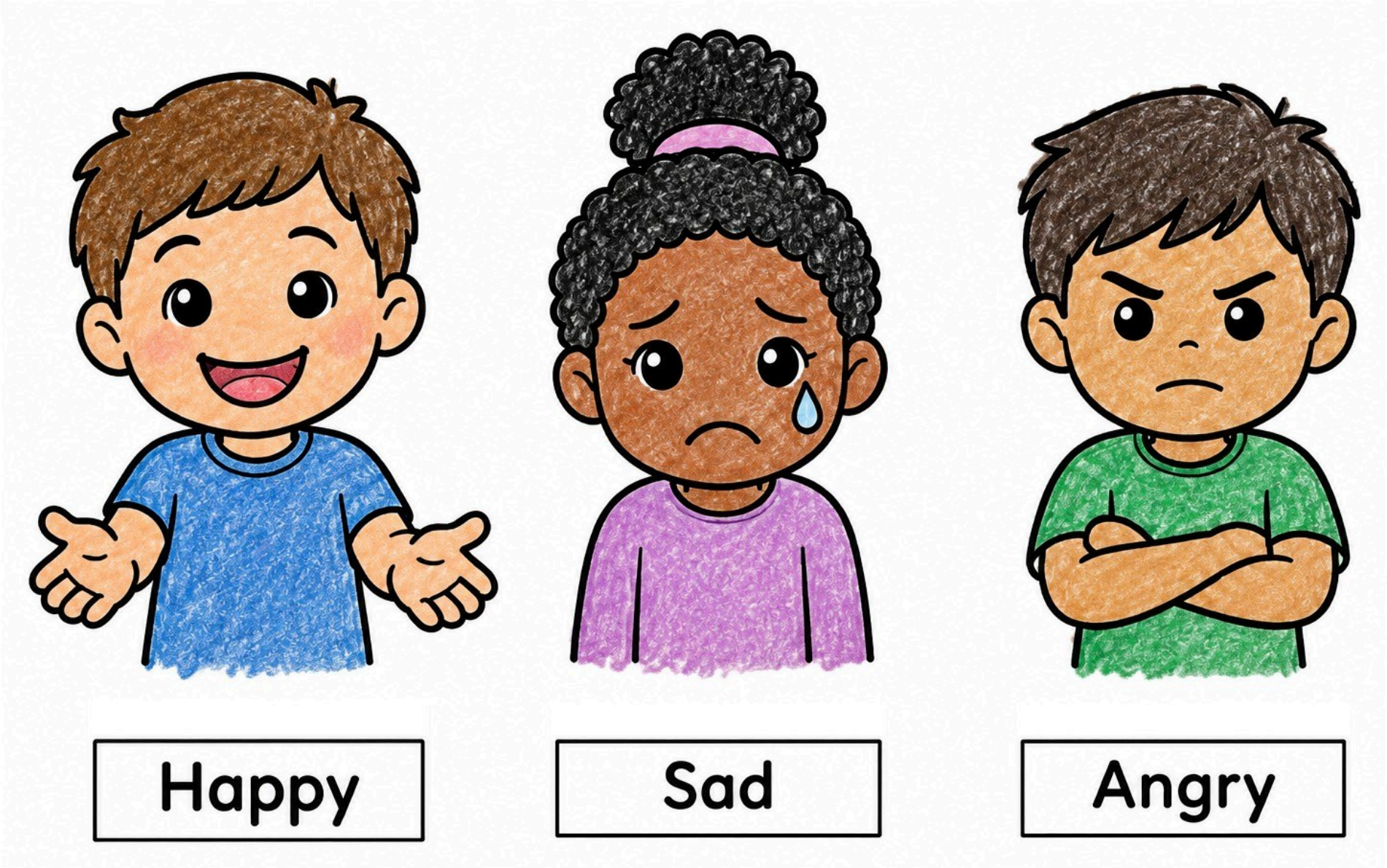


Sad



Angry

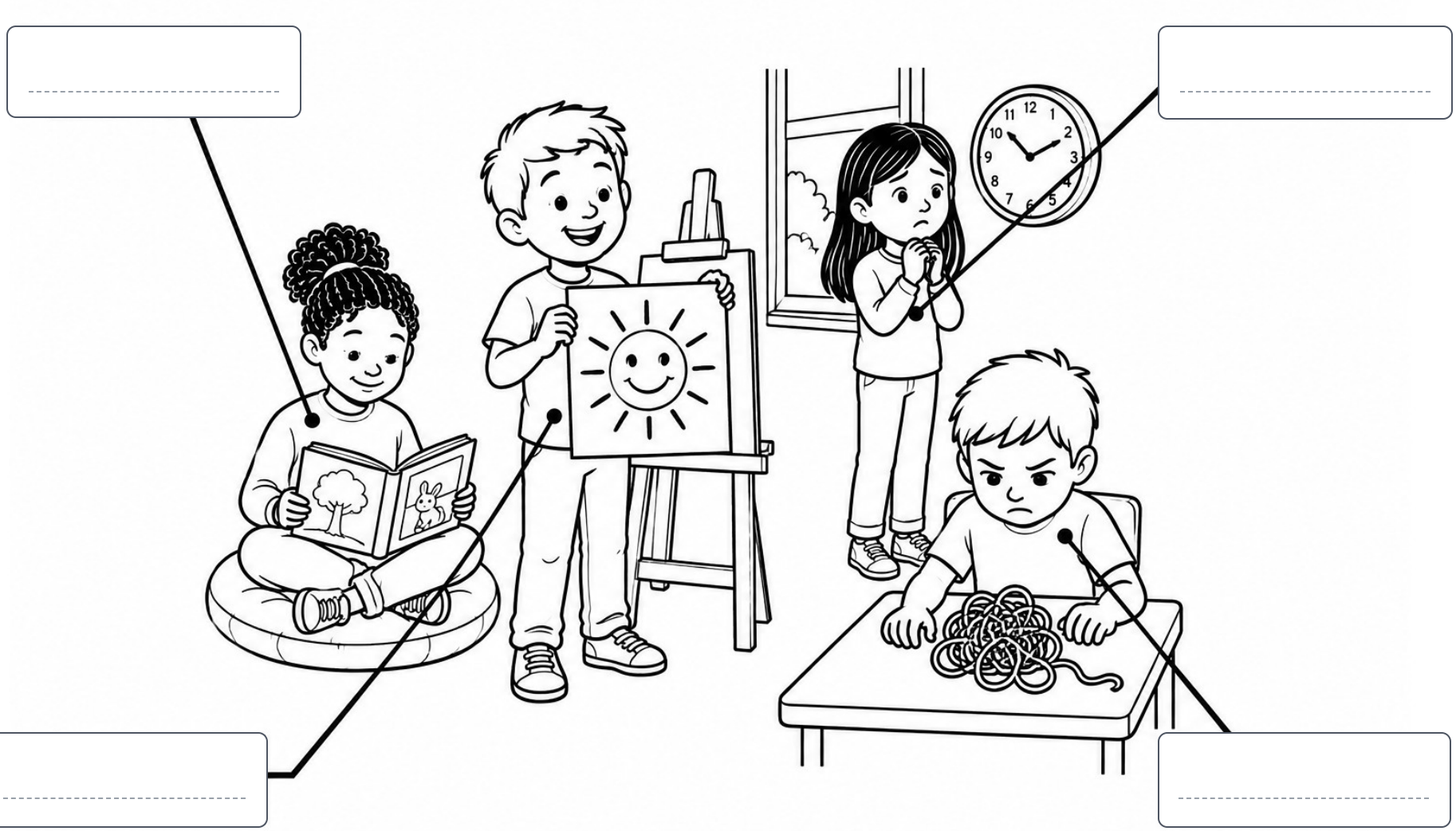
Three Basic Feelings



Write the missing words. Use the word bank.

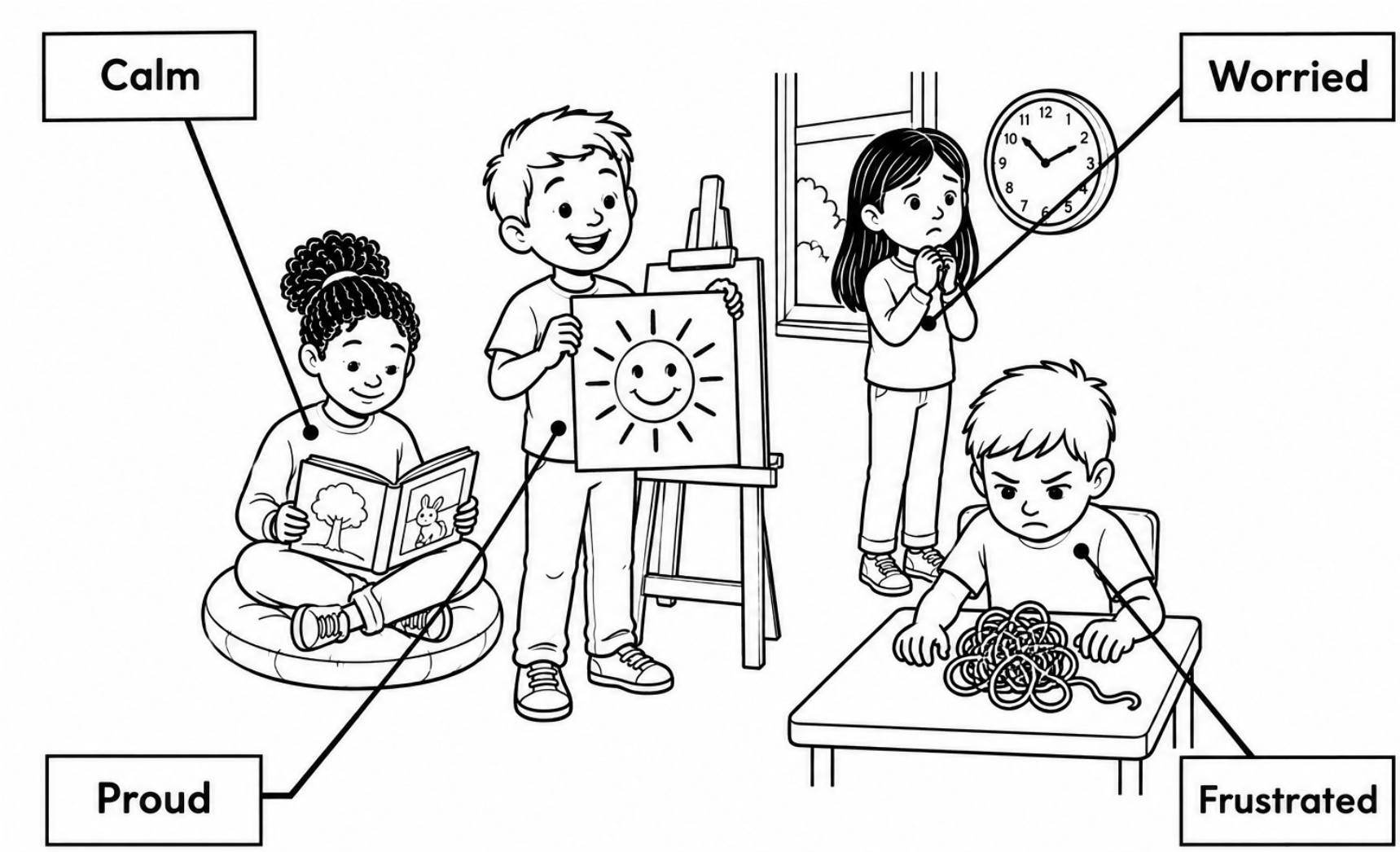
Name _____ Date _____

Feelings in Our Body Language



WORD BANK Worried • Proud • Calm • Frustrated

Feelings in Our Body Language



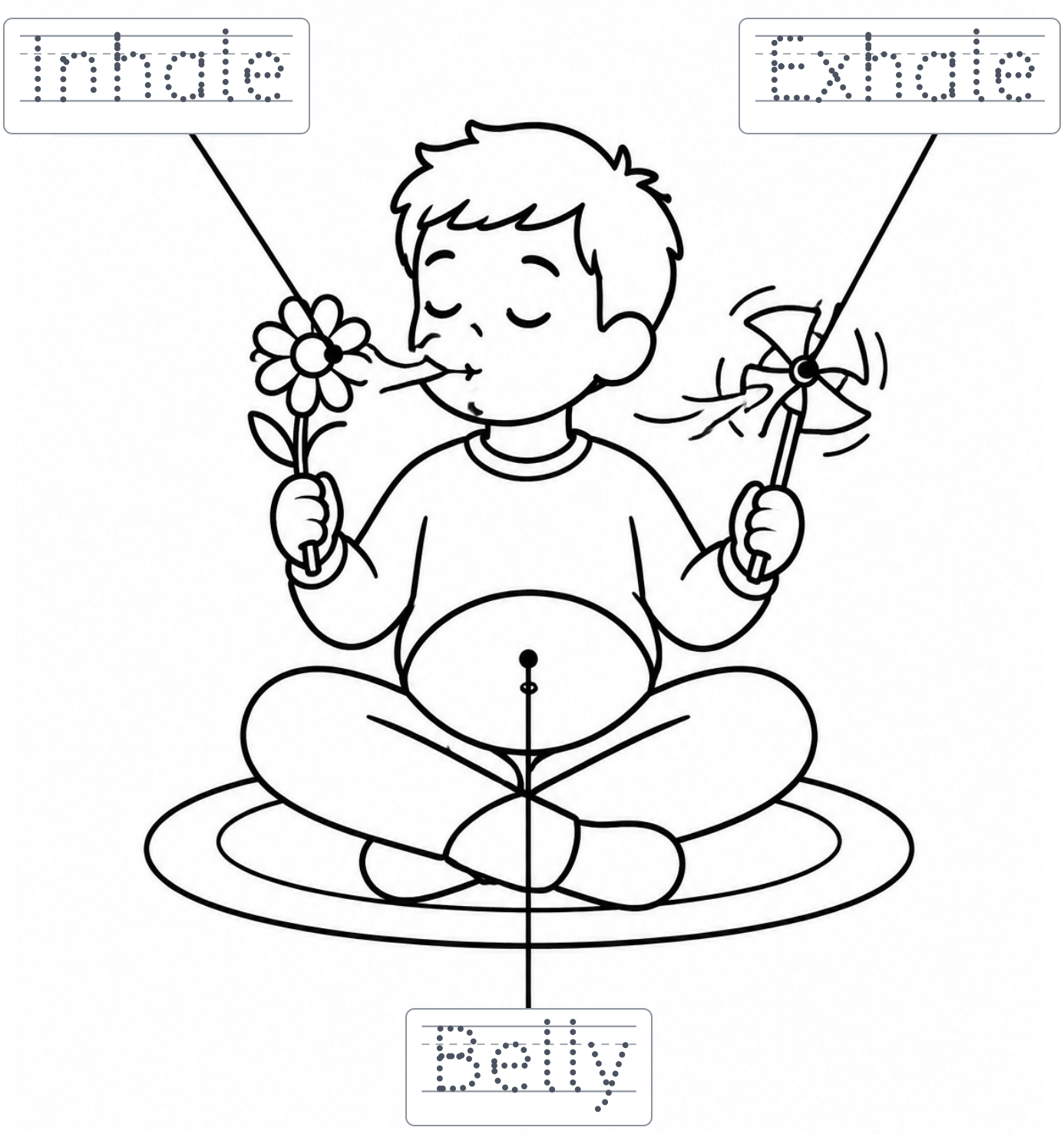
Feelings in Our Body Language



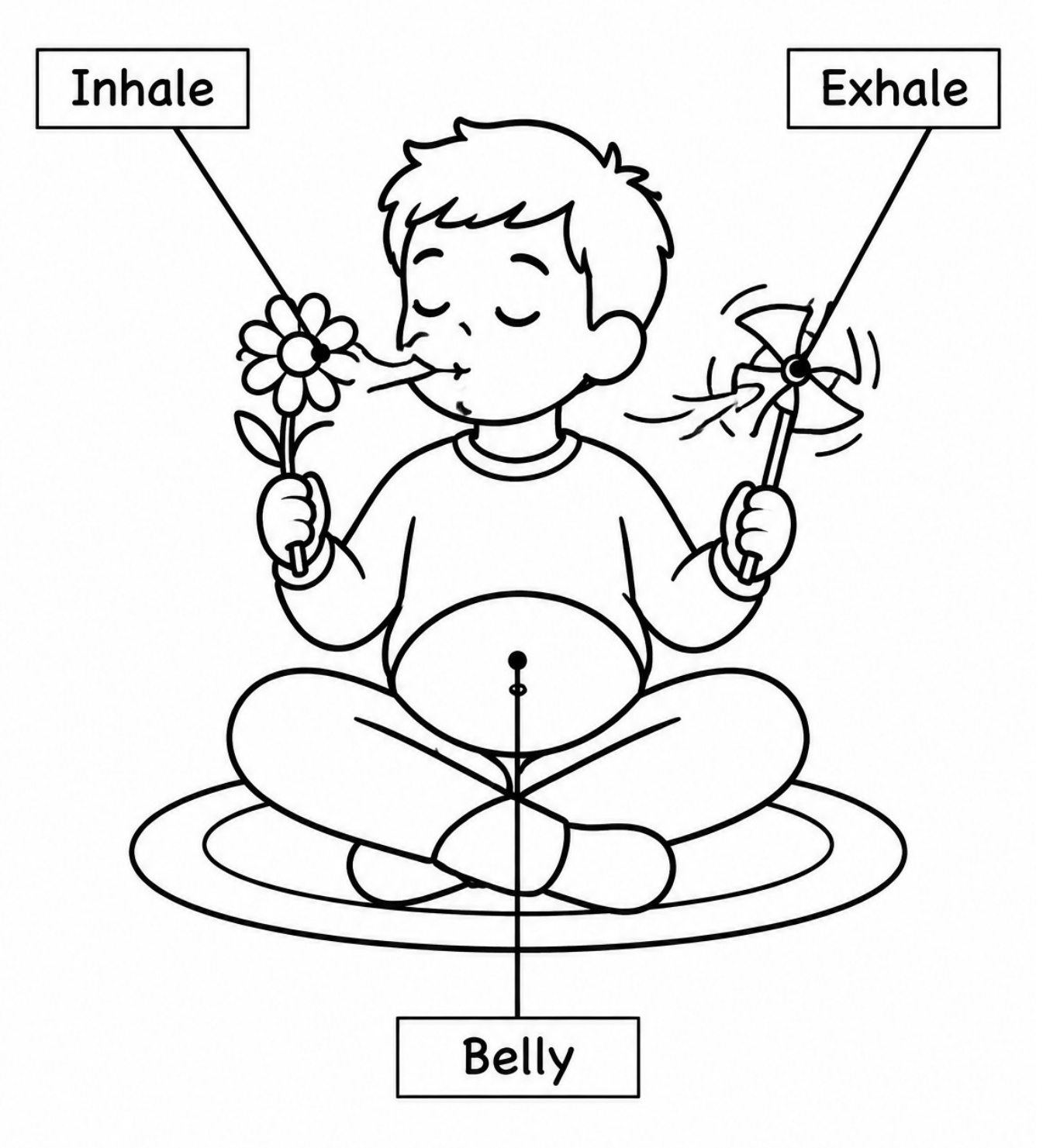
Trace the words. Then color the picture.

Name _____ Date _____

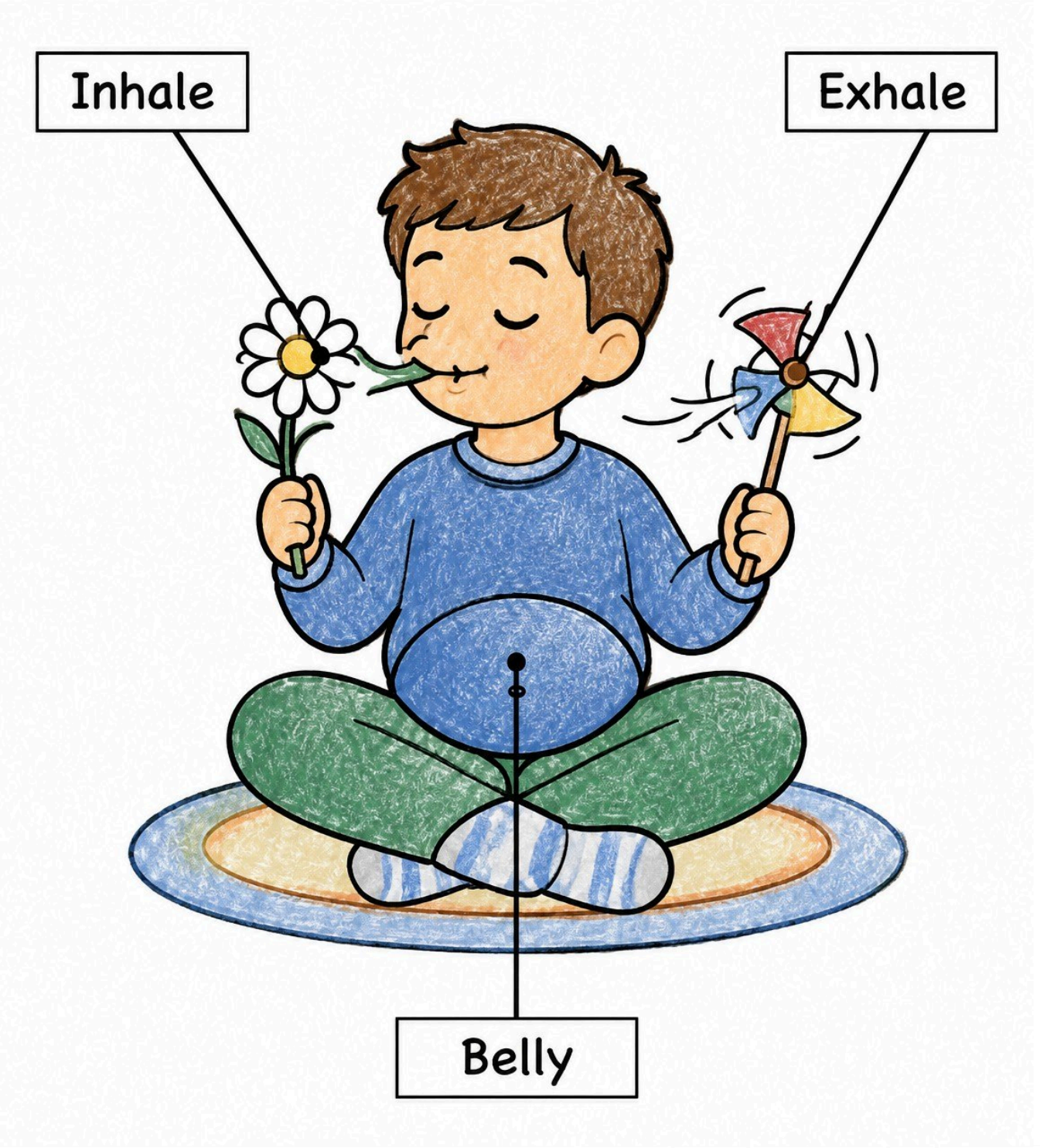
Calm Belly Breathing



Calm Belly Breathing



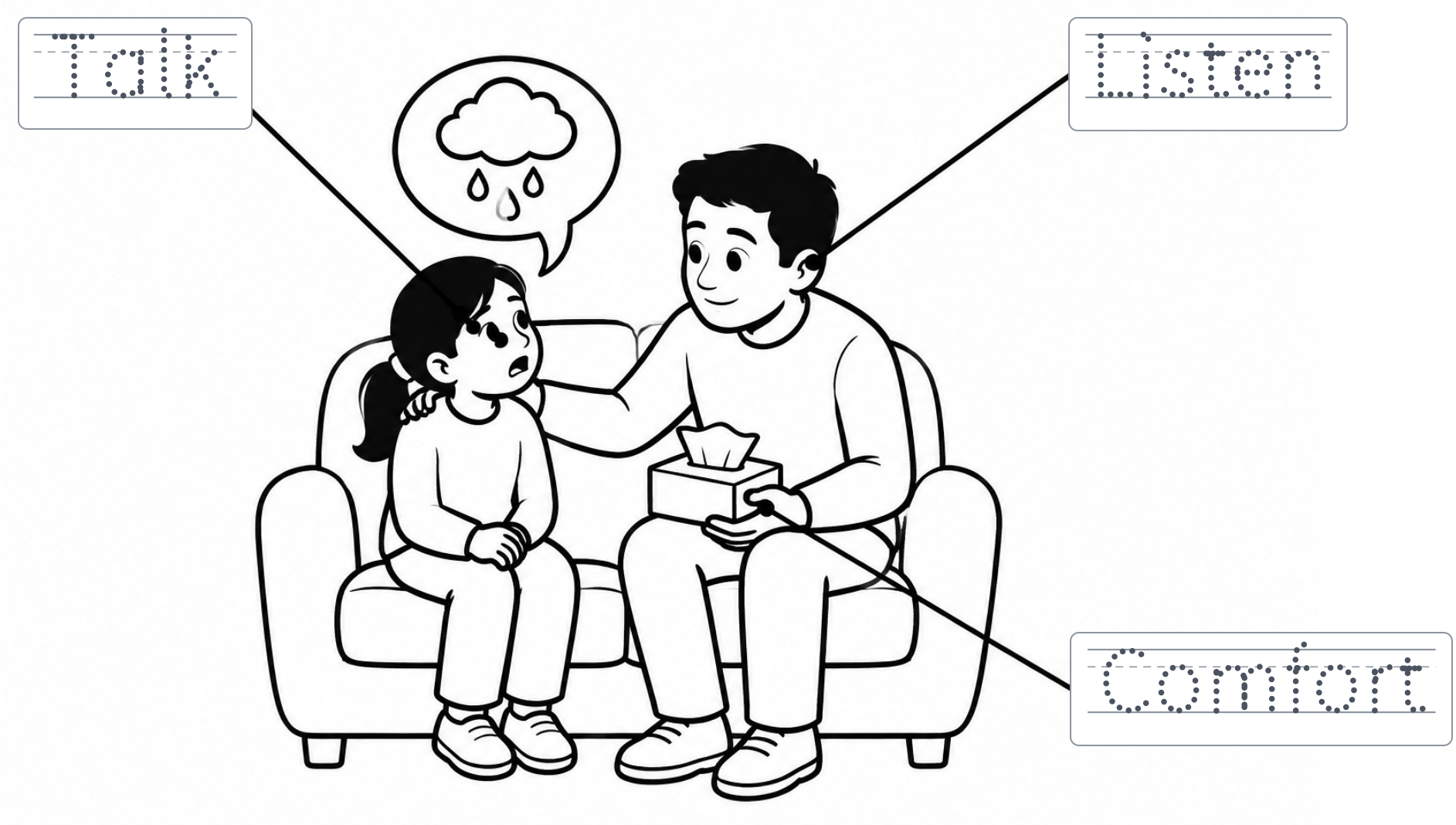
Calm Belly Breathing



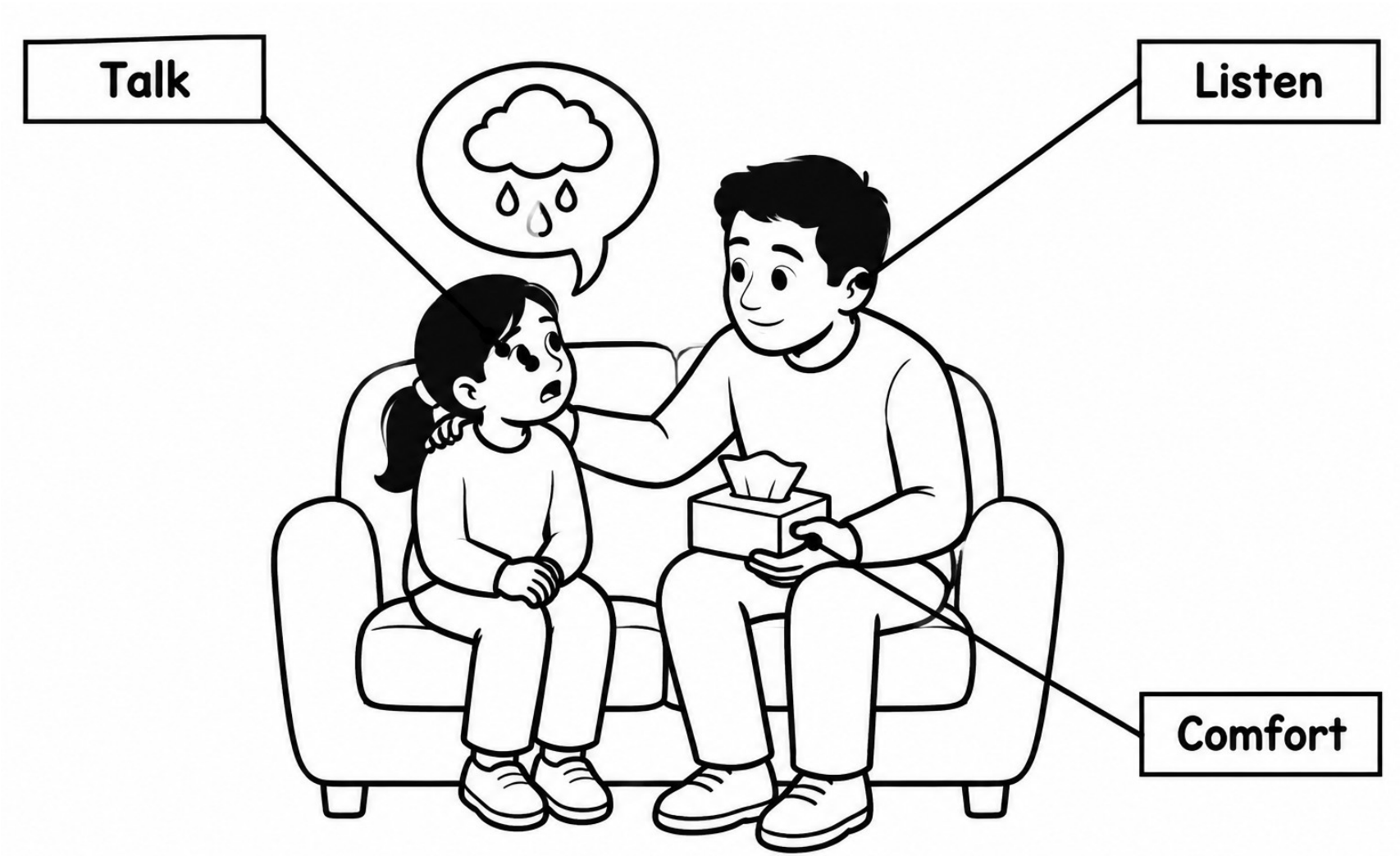
Trace the words. Then color the picture.

Name _____ Date _____

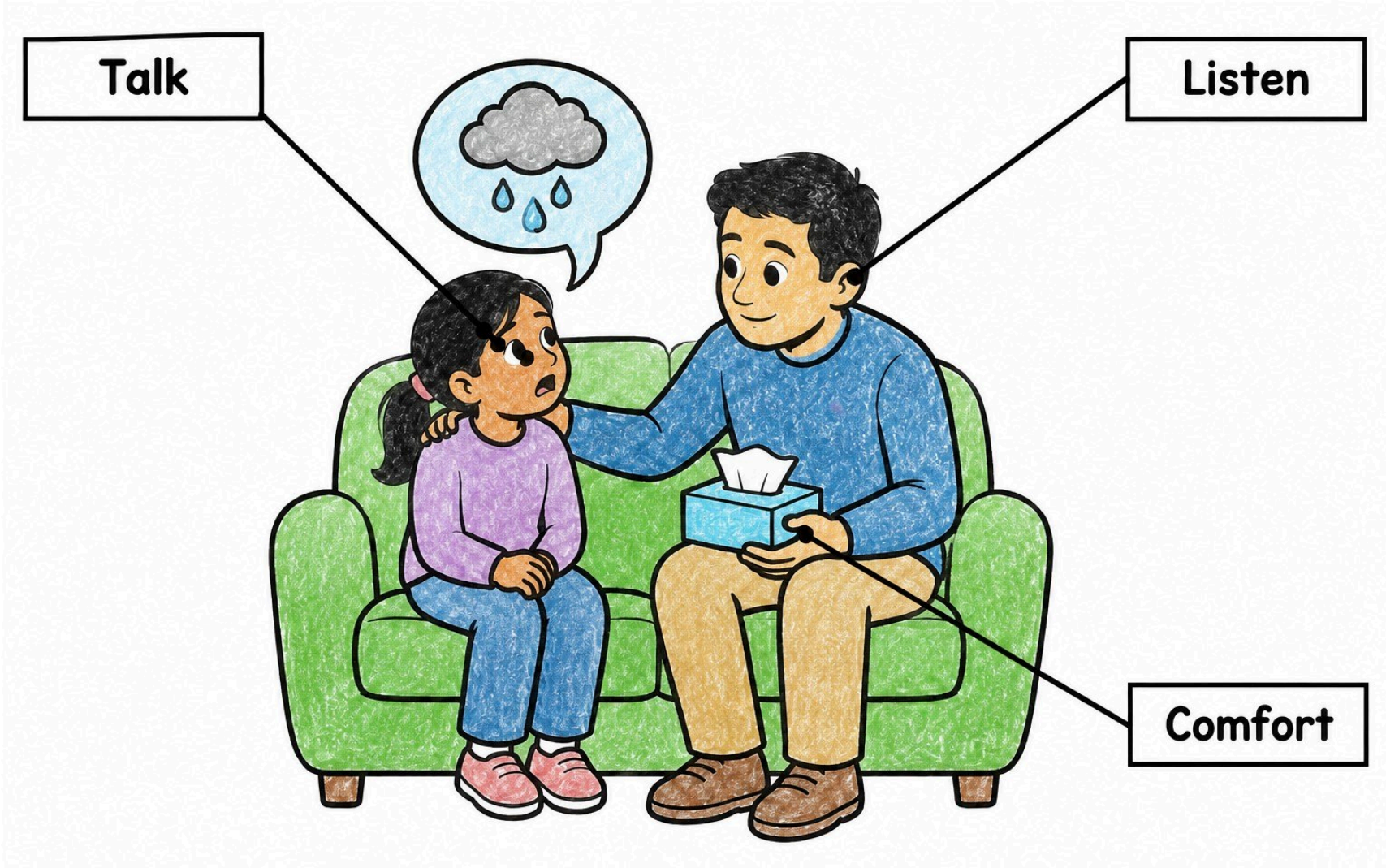
Talking About Big Feelings



Talking About Big Feelings



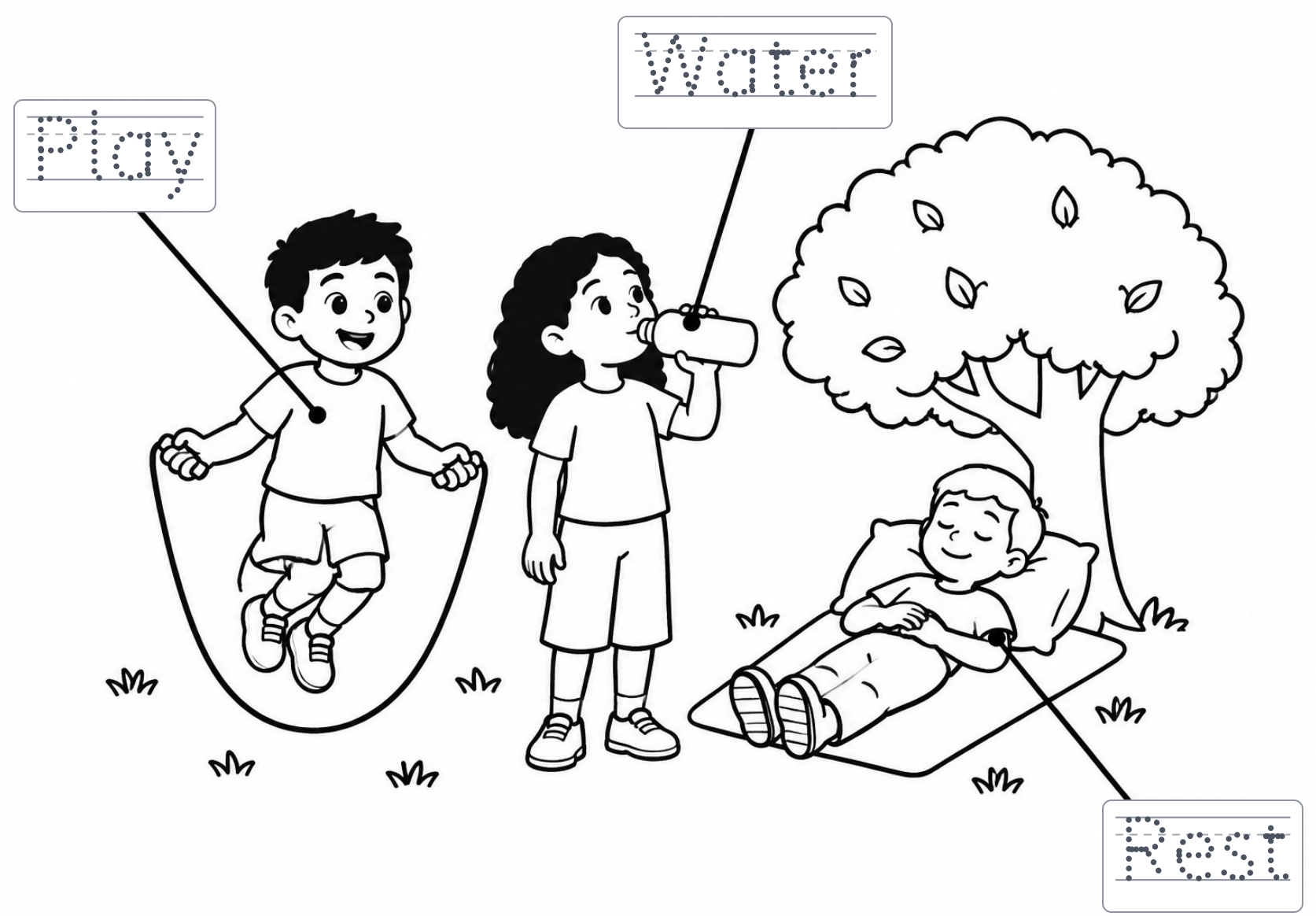
Talking About Big Feelings



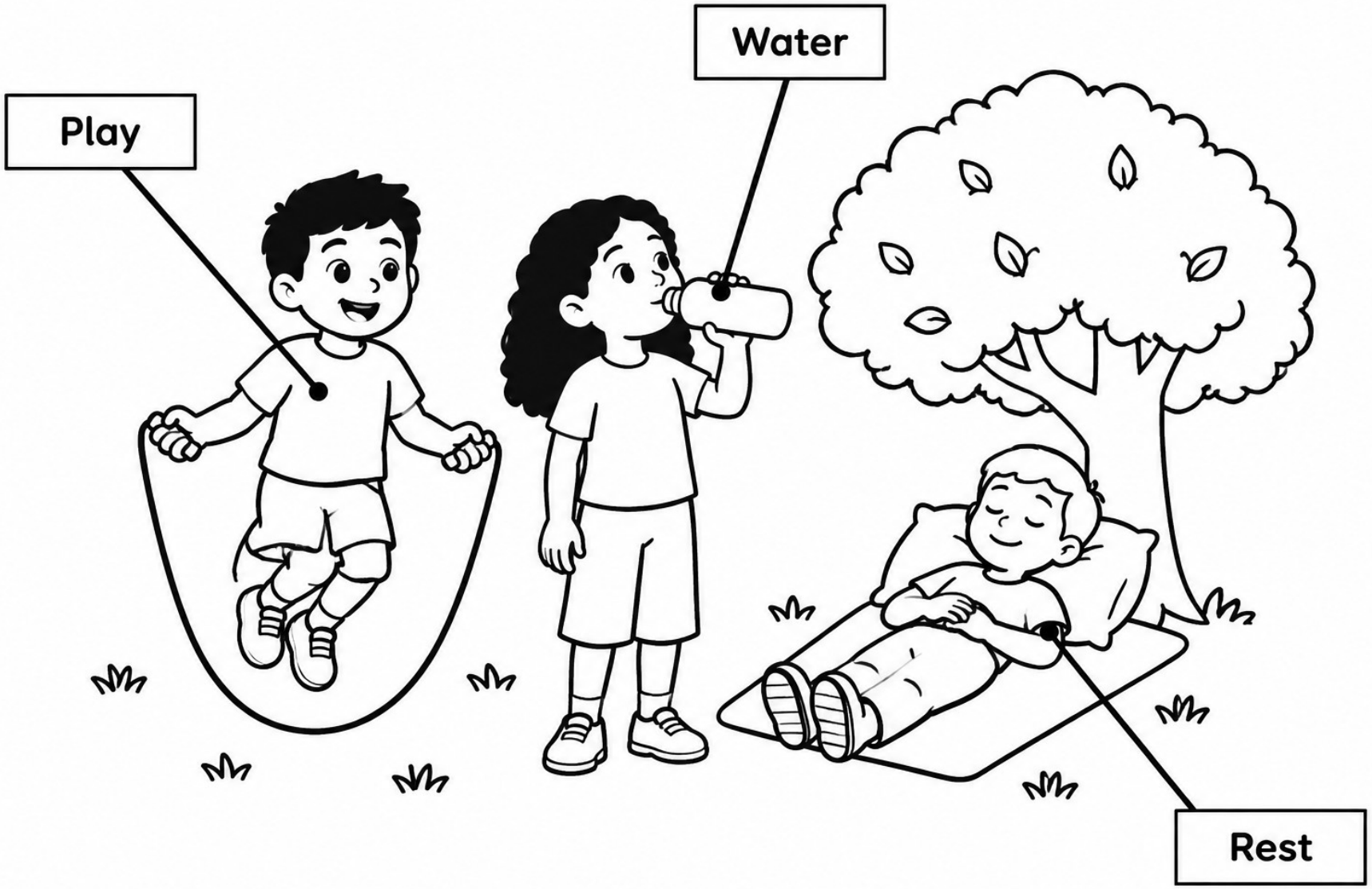
Trace the words. Then color the picture.

Name _____ Date _____

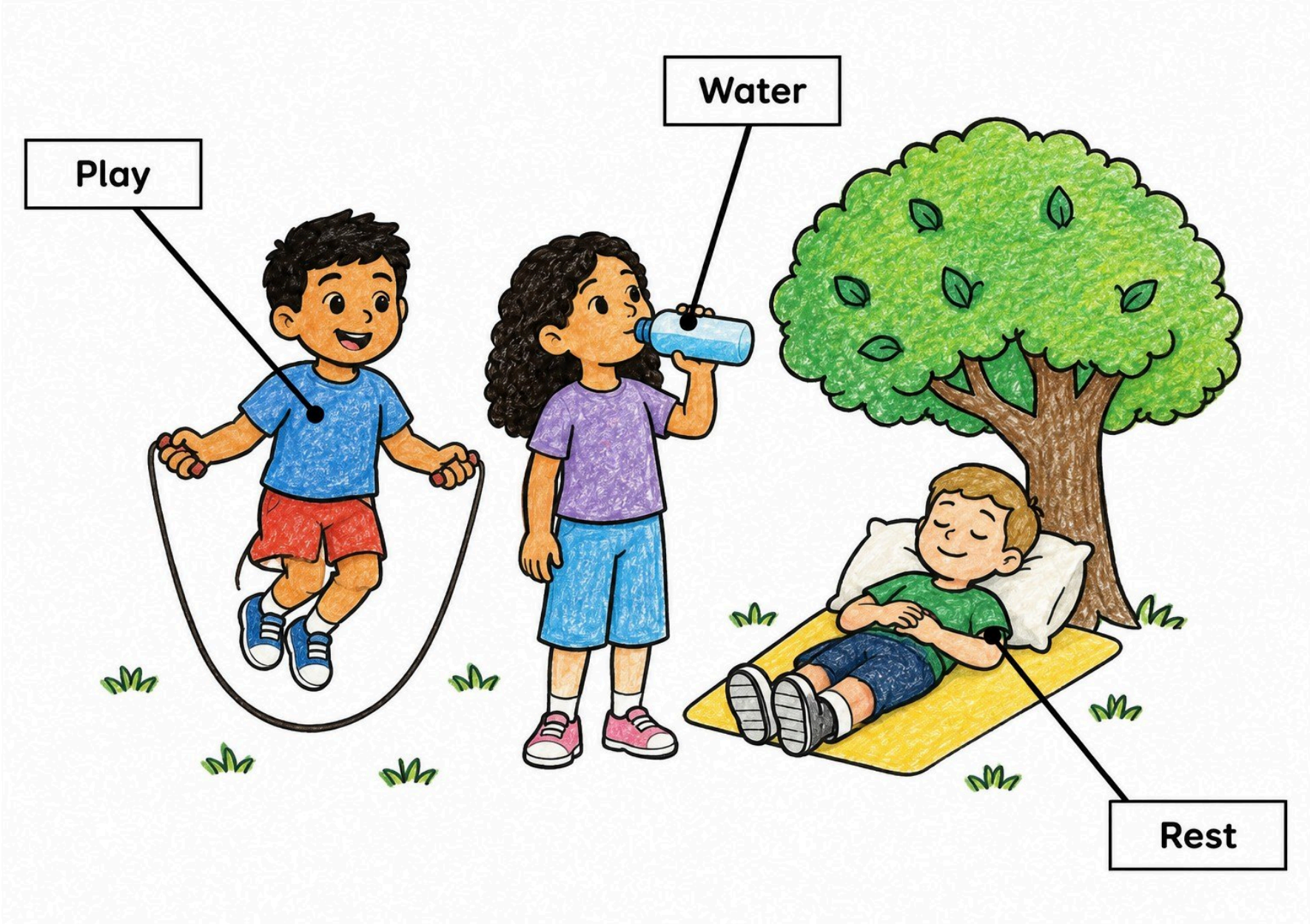
Healthy Habits for My Mind



Healthy Habits for My Mind



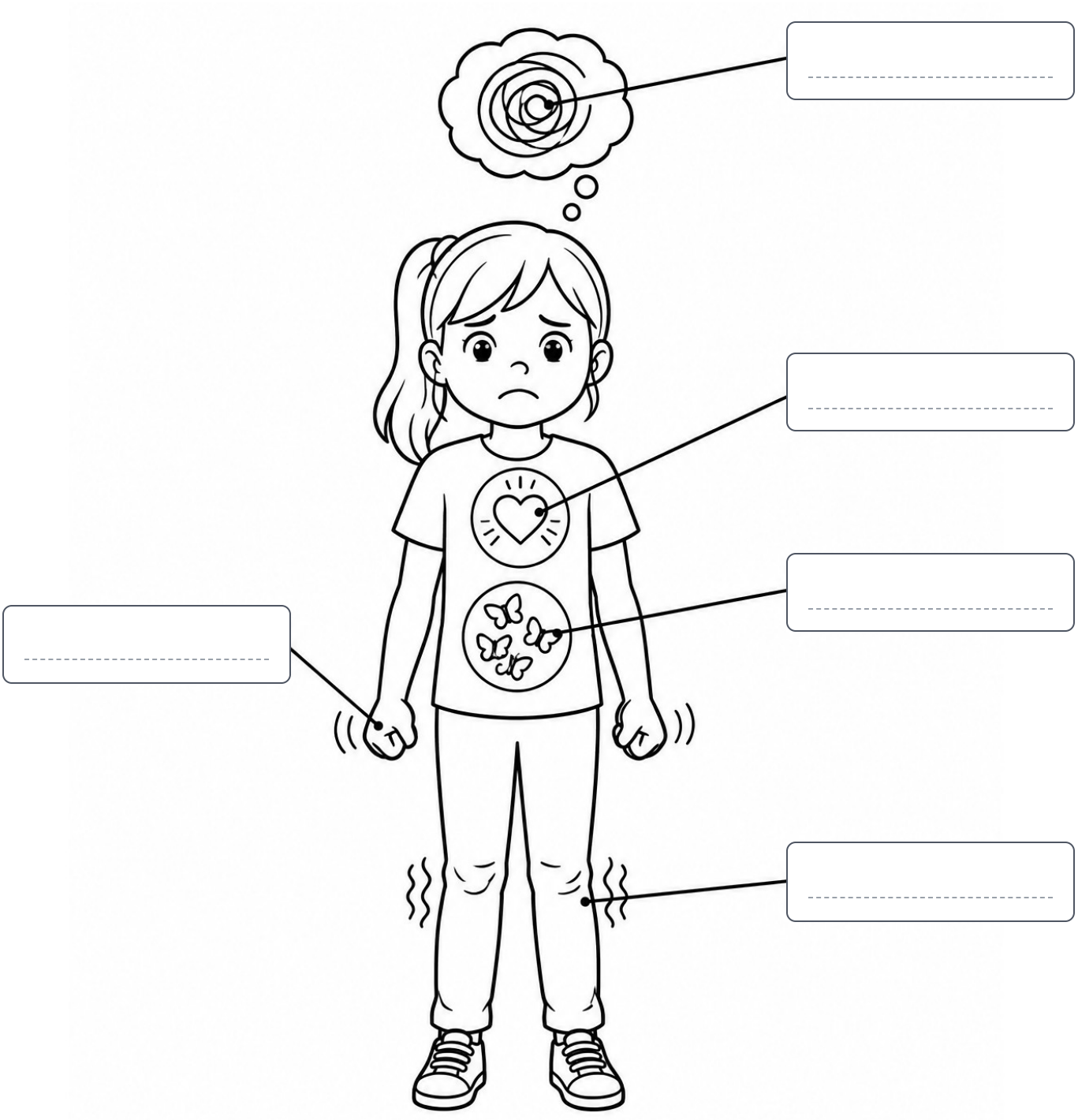
Healthy Habits for My Mind



Write the missing words.
Use the word bank.

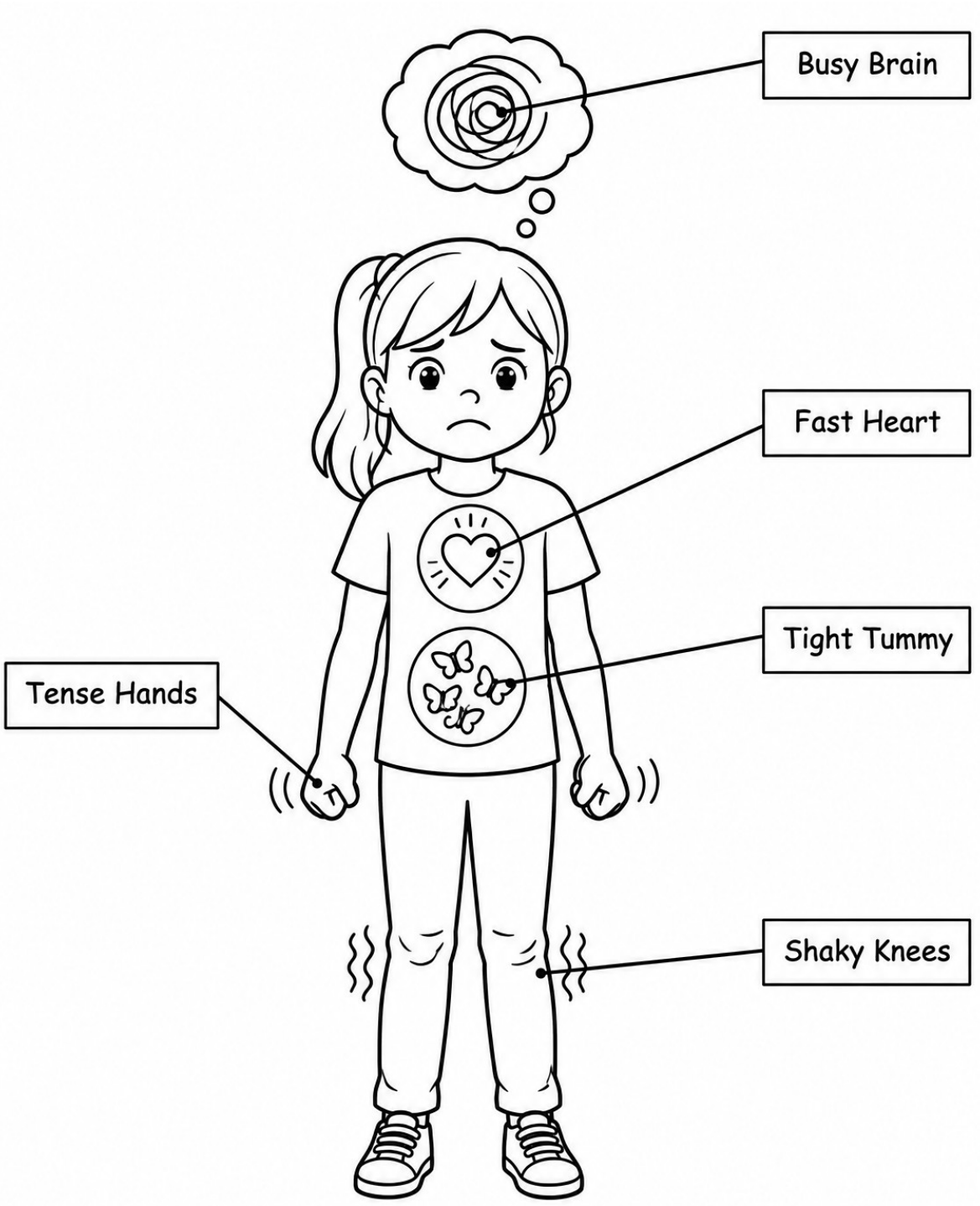
Name _____ Date _____

How Feelings Feel Inside



WORD BANK Busy Brain • Shaky Knees • Tight Tummy • Tense Hands • Fast Heart

How Feelings Feel Inside



How Feelings Feel Inside

