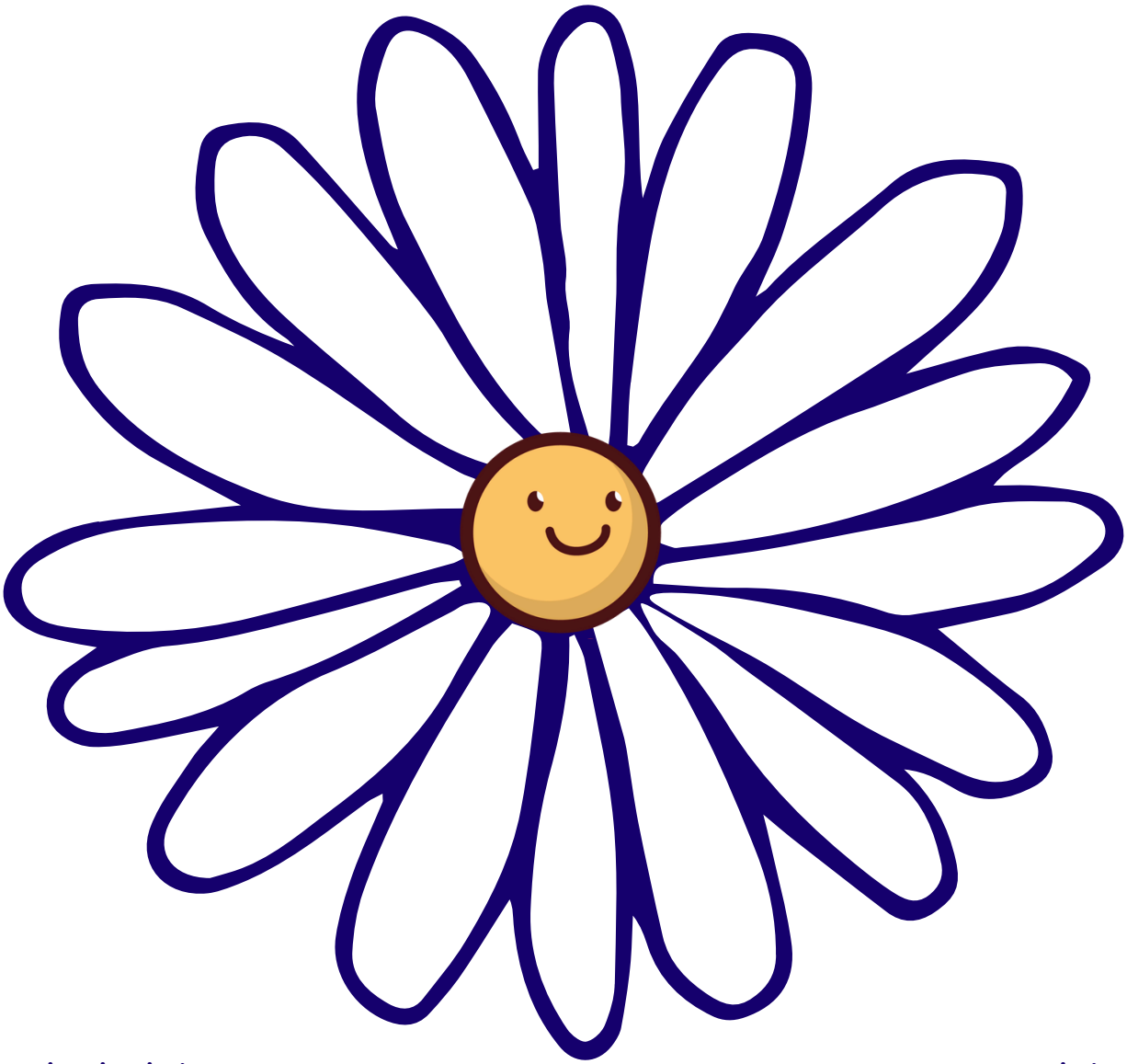
FEELINGS FLOWERS WORKSHEET

INSTRUCTIONS:

- Colour in the boxes on the right to choose which colour represents each emotion for you.
- Fill in the petals on the feelings flower however you like using the colours to show how much of each emotion you are feeling right now.

COLOUR KEYS

- ☐ HAPPY
- ☐ EXCITED
- ☐ SAD
- ☐ SCARED
- ☐ ANGRY
- ☐ DISGUST
- ☐ _____
- ☐ _____



How does it feel looking at your completed flower?



Did you know... You have 43 muscles in your face that help show all your different feelings!

I feel happy when...

I feel sad when...

I feel scared when...

I feel angry when...

When I'm happy, I can...

- play with others
- smile and laugh
- share my toys
- do a little dance
-
-
-

When I'm sad, I can...

- talk to a friend or parent
- ask for a hug
- play with my pet
- hug my teddies
-
-
-

When I'm scared I can...

- talk to a trusted adult
- take deep breaths
- ask for help
- learn about the scary thing
-
-
-

When I'm angry, I can...

- squeeze a stress ball
- do star jumps
- use kind words to say why
- find a quiet spot to cool off
-
-
-



Did you know... we can have more than one emotion at the same time, and it's healthy to talk about them!