

Name: _____ Date: _____

In the Zones

Have you noticed that some feelings are close to each other? Feeling happy and feeling calm can sometimes go together. Feeling angry and afraid can go together too.

One way to think of your emotions is to place them in zones.

What are some other emotions that go in each zone? Write in at least two emotions in each zone, then color the zone in and answer the question.

Blue

What do you do when you're in the blue zone?

Green

How do you act when you're in the green zone?

Sad

Tired

Bored

Happy

Calm

Confident

Frustrated
Goofy

Anxious
Excited

Afraid

Angry

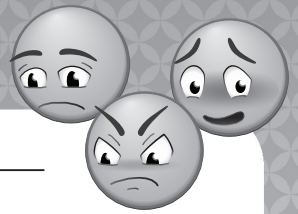
Upset

Yellow

How do you know when you're in the yellow zone?

Red

What does it feel like when you're in the red zone?



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Clued-in to Feelings

Something good or bad just happened to you. You notice a feeling. What is it?

How can you tell how you're feeling? Just like a detective, you can look for clues within yourself. What clues are your feelings giving you?

You may find clues in your body, in your face, or in your voice. You may find clues in the way others are reacting to you.

Let's see what you can discover from these clues. Read each clue and think about what might be happening. Name the feeling you think it might be and why you think that.

You notice that your heart is beating really fast.

I might be feeling

because

Your face turns bright red.

I might be feeling

because

You notice that your palms are sweaty.

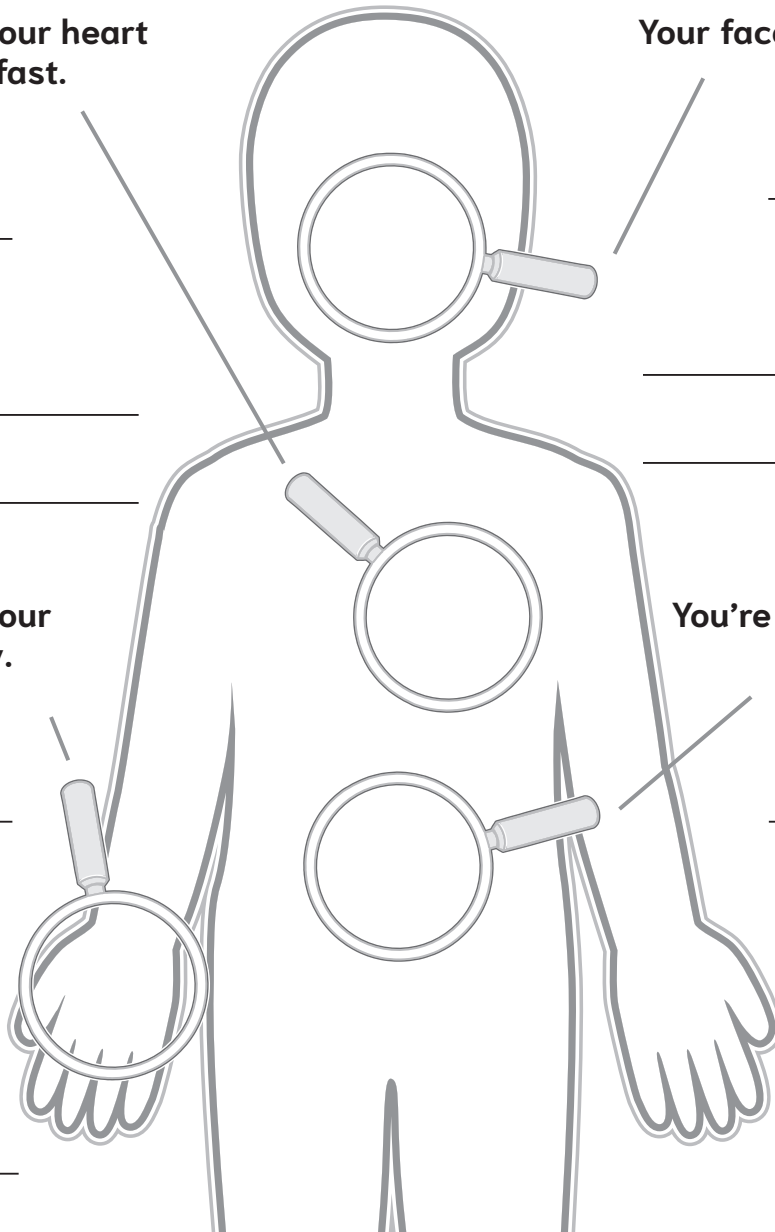
I might be feeling

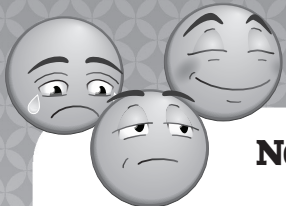
because

You're feeling butterflies in your belly.

I might be feeling

because



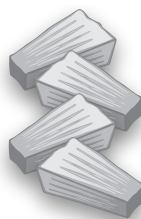
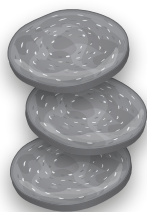


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A Slice of Emotions

You can feel a bunch of different feelings at the same time. Humans are complicated! And so are our emotions.

You could think of it like a pizza. Your day is like the crust, the sauce, and the cheese. Your feelings are like all the delicious toppings that make the pizza taste so good. (Or make it taste bad, depending on the feeling!)



Happy
=
Pepperoni

Sad
=
Onion

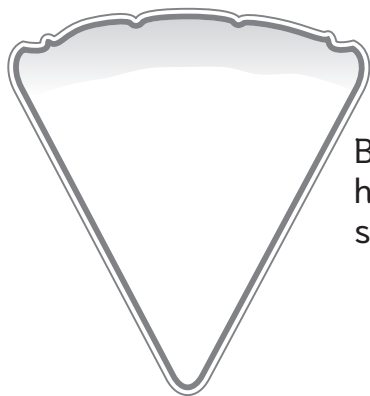
Angry
=
Pepper

Confident
=
Pineapple

Disgusted
=
Olives

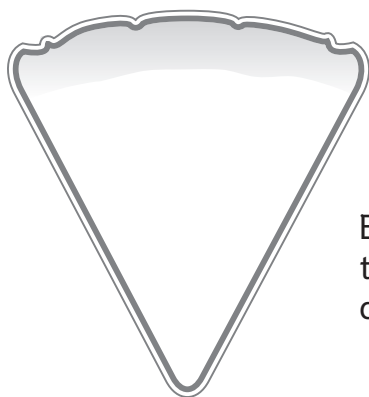
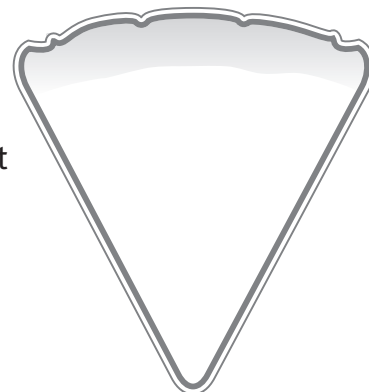
Anxious
=
Mushrooms

Draw toppings on each pizza to represent how each person would feel.

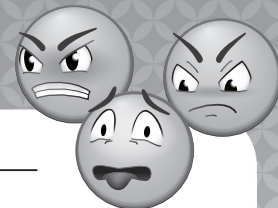


Ben's friend Jonah used to come over all the time. But Jonah has new friends now and pretends not to notice Ben when he sees him. How does Ben feel?

You just found out you are going to give your presentation first tomorrow. How do you feel about going first?



Elizabeth knows the team is counting on her to help win in tomorrow's game, but she thinks she might have a cold. How does Elizabeth feel?



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Mindfulness Matters

Mindful activities like yoga and breathing exercises can help you learn to deal with your feelings.

By focusing on your breath, you can settle your mind. Once your mind and body are calm, you can take a deeper look at how you are feeling.

Mindful exercises can also help you when you need to focus on something in class, or when you are feeling stressed out.

Let's take a look at what you have learned about mindfulness. When you have written down your answers, find a partner and share your work.

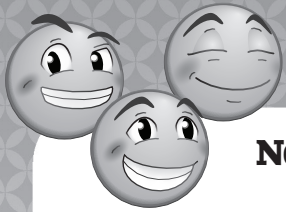
What yoga poses have you tried? Which one was your favorite? Why?

What kinds of breathing have you tried? Which one was your favorite? Why?

Can you think of a time when taking a few minutes to breathe mindfully could help?

Can you think of a time when you might try a few minutes of yoga to help?

“You can't stop the waves, but you can learn how to surf.” –Jon Kabat-Zinn



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Feelings Big and Small

How do you feel today? Fill in the faces with how you are feeling, and name the feelings.







Have you ever heard someone say, “I’m feeling a little sad today”? Or maybe “I’m really angry right now!”

Sometimes our feelings are BIG, and they want all of our attention. In fact, the big feeling is all we can think about.

Sometimes our feelings are small, like a little whisper. A small feeling might be barely noticeable.

And sometimes you can have a big feeling and a small feeling at the same time! For example, “I’m so disappointed the game is canceled tonight. But I’m a little happy that now I get to eat pizza with my friends instead.”

What are some of your big and small feelings? Think about times you may have felt both big and small feelings.