

HELPING KIDS THROUGH EMOTIONS



EMOTIONS ARE COMPLICATED!

**HELP GIVE YOUR LITTLE ONES THE TOOLS THEY NEED TO NAVIGATE THEIR
WORLD OF EMOTIONS.**

**WITH ALL THE UNCERTAINTY AND CHANGES RECENTLY, YOUR FAMILY COULD
BE HAVING A TOUGH TIME ADJUSTING. THIS ACTIVITY MAY HELP EVERYONE
TO RE-CENTER THEIR EMOTIONS. SCROLL DOWN!**

**FOR MORE IDEAS ON HOW TO INTRODUCE AND HELP MANAGE EMOTIONS,
VISIT:**

[HOW TO HELP KIDS MANAGE THOSE FEELINGS](#)

USE COLORS TO HELP CHILDREN LEARN & UNDERSTAND DIFFERENT EMOTIONS.

HAVE LITTLE LEARNERS CREATE FACES ON COLORED PAPER OR WITH COLORED MARKERS, CRAYONS, OR PENCILS. USE THE COLOR CODE BELOW. CUT FACES IN HALF HORIZONTALLY AND LET CHILDREN EXPLORE MAKING A VARIETY OF EMOTIONS! USE THIS ACTIVITY TO TALK ABOUT HOW EMOTIONS CAN MAKE YOU FEEL AND ESTABLISH OPEN COMMUNICATION ABOUT THEM.



BLUE

SICK

SAD

TIRED

BORED



GREEN

HAPPY

CHEERFUL

CALM

FOCUSED



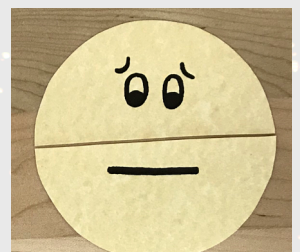
YELLOW

SILLY

ANXIOUS

AGITATED

EMBARRASSED



RED

ANGRY

MAD

SCARED

LOST CONTROL

