

Color the Feelings

Spring Edition

SAD Feelings
Feeling unhappy or upset.

Sad looks like



Sad feels like

Sad sounds like



COLOR the Feelings

Happy=Green Sad=Blue
Angry=Red Worried=Yellow Scared=Purple

Color the spring feelings using the color code above.



COLOR the Feelings



Spring Edition

Session Objective:

*Students will identify feeling words and physical expressions of feelings.

Materials:

- *Pencils
- *Crayons
- *Color the Feeling handouts

Guiding Questions:

- *What are some similarities with how we express our feelings?
- *What are some differences with how we express our feelings?

Session Details (about 30 minutes)

*Say "Everyone experiences feelings, sometimes those feelings are expressed differently, some people get red in the face when angry, some cry when sad, some scream when scared, some jump for joy. It's important to identify how our feelings look because the more we understand our emotions the more we can control them." Pass out the handouts. Let's start by going through each feeling one by one. The first is sadness which means feeling unhappy or upset. A common way to express sadness is a frown or crying. Let's go through the handouts to find out how you express sadness. We also need to think about how we can overcome sadness, some ways are...(read handout). Are there any that you would add to this list? Let's think of words that also mean sad, or synonyms, and words that mean the opposite of sad, antonyms. (Review accompanying handouts). Repeat this for all 5 feelings. Then go to the color the feelings pages with all the feelings. Have them complete it using the color code at the top of the page. Once complete, Say "now we are going to identify how certain situations would make us feel, each of us might have unique answers and there is no right or wrong answer because we may have different feelings about things." The next page is color by code, identify the feeling word and color it the assigned color.

ASCA Standards Alignment:

- *Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M I)
- *Behavior: Social Skills: Use effective oral and written communication skills and listening skills (B-SS I)

SEL Competencies:

- *Self-awareness: identifying emotions, accurate self-perception.

COLOR the Feelings

Happy=Green

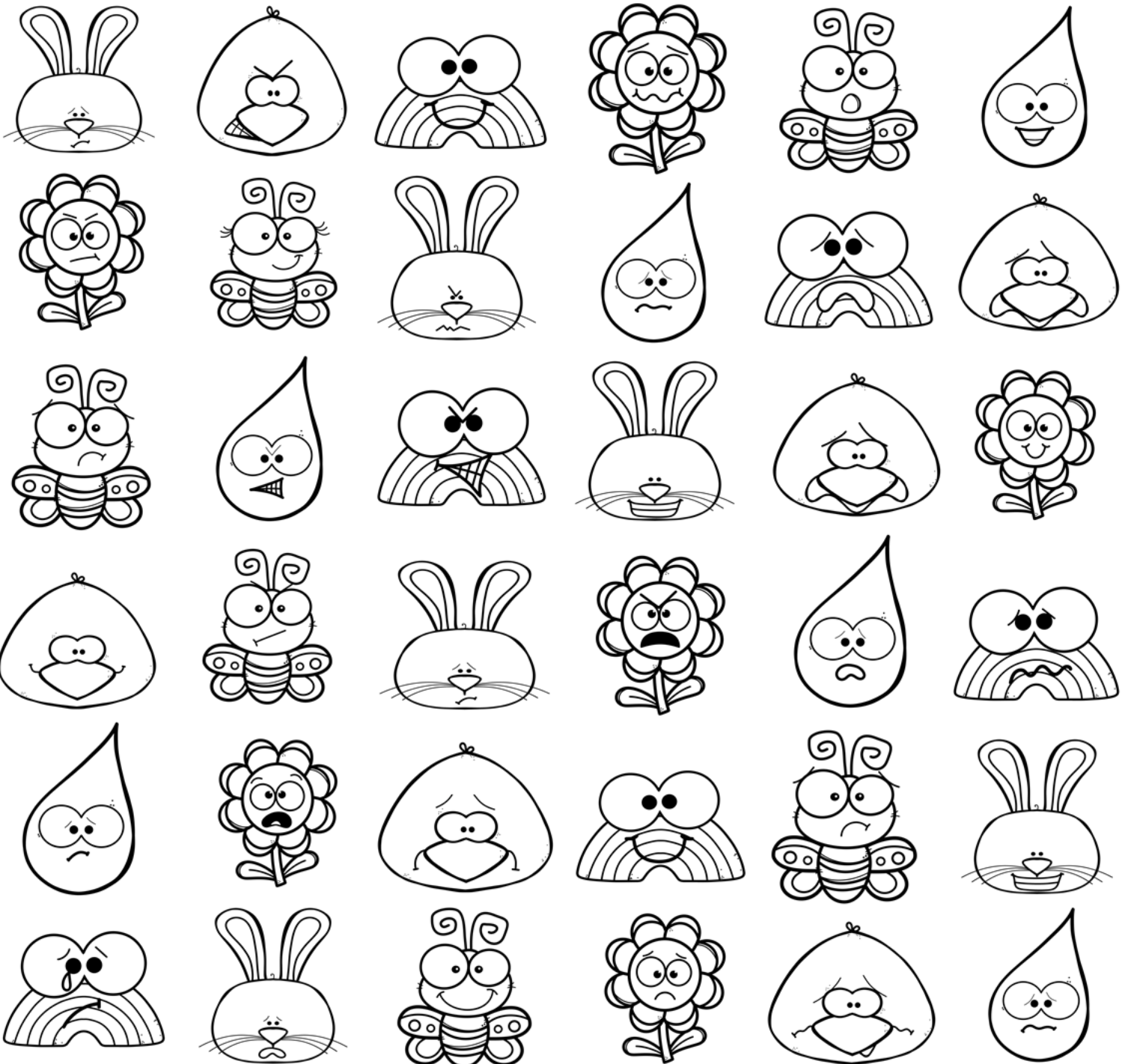
Sad=Blue

Angry=Red

Worried=Yellow

Scared=Purple

Color the spring feelings using the color code above.



COLOR the Feelings

Happy=Green

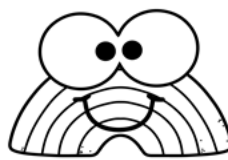
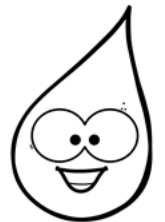
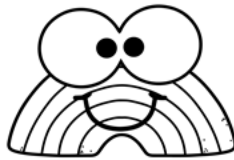
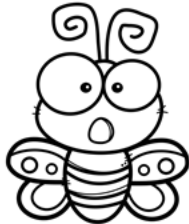
Sad=Blue

Angry=Red

Worried=Yellow

Scared=Purple

Color the spring feelings using the color code above.



COLOR the Feelings

Happy=Green

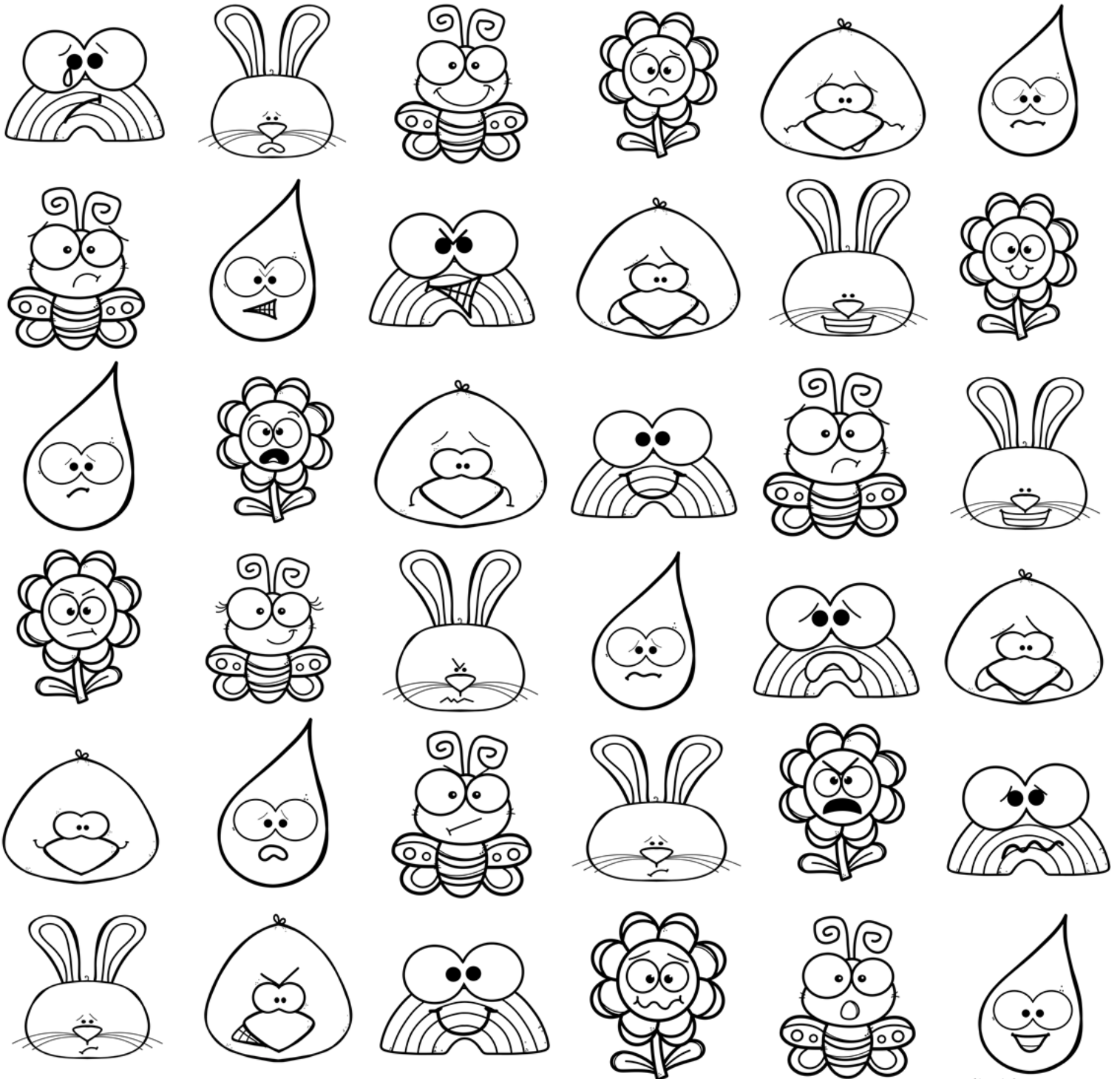
Sad=Blue

Angry=Red

Worried=Yellow

Scared=Purple

Color the spring feelings using the color code above.

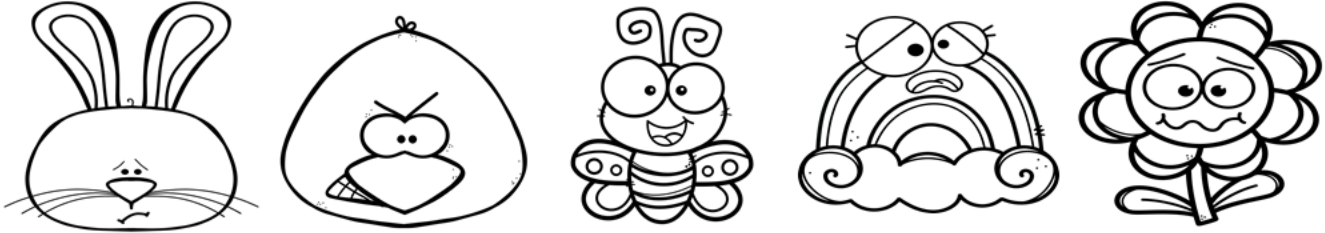


COLOR the Feelings

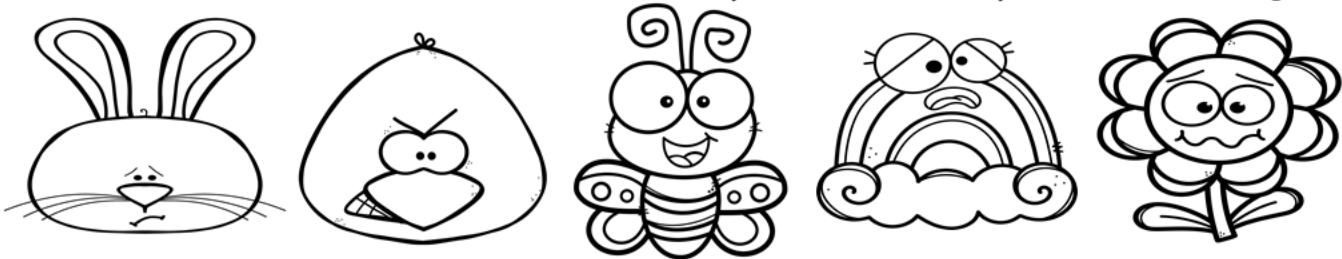
Happy=Green Sad=Blue

Angry=Red Worried=Yellow Scared=Purple

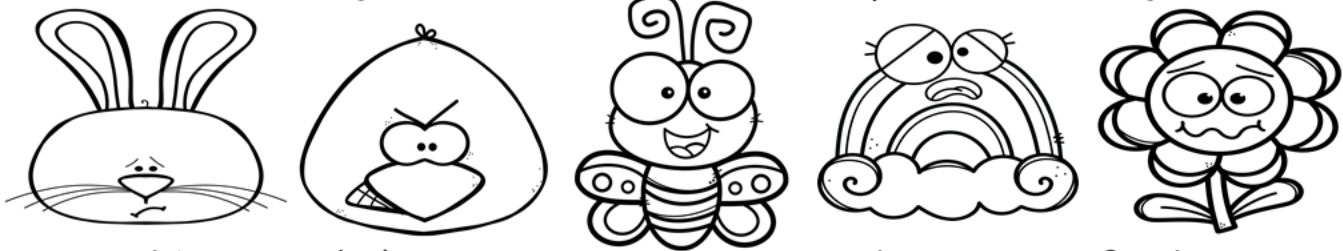
Someone cuts in front of you in line, color your feeling:



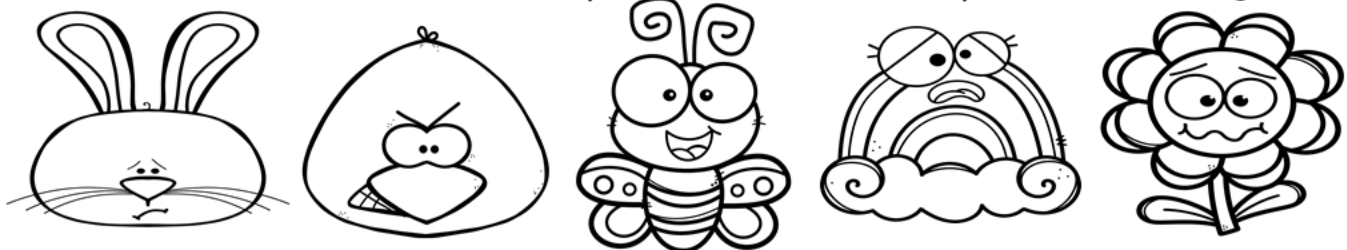
Someone makes fun of you, color your feeling:



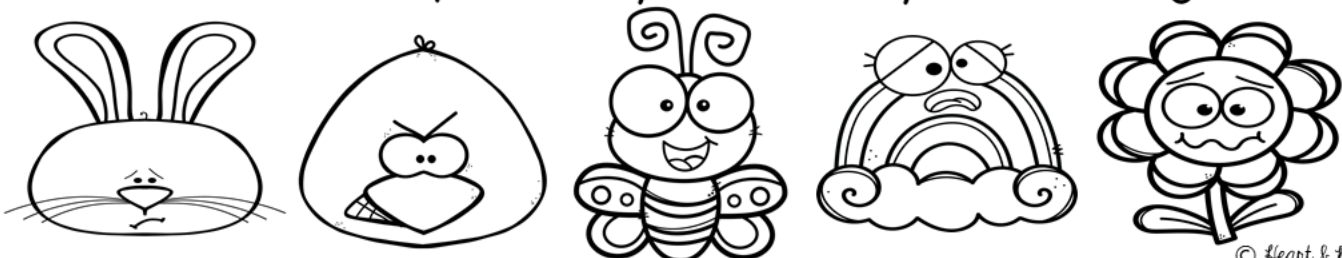
You get an award, color your feeling:



You watch a scary movie, color your feeling:



Someone pushes you, color your feeling:

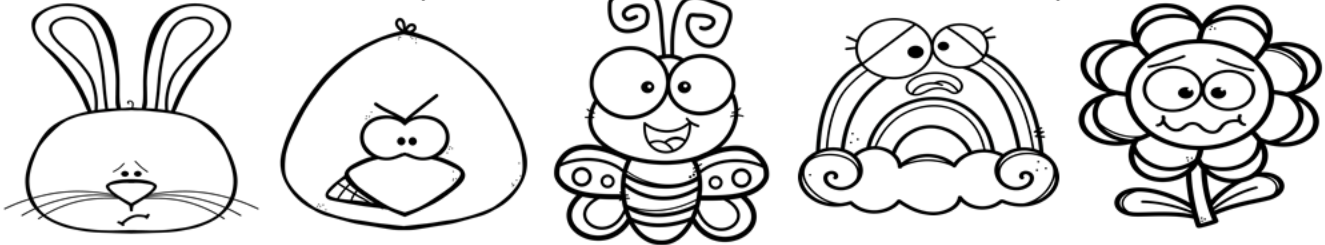


COLOR the Feelings

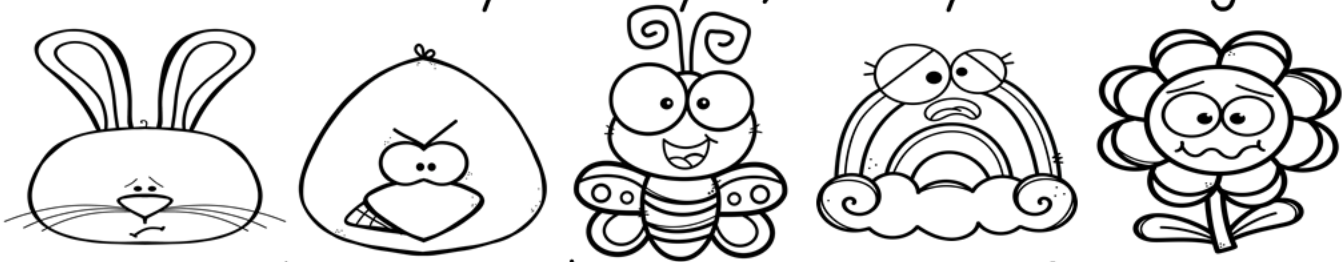
Happy=Green Sad=Blue

Angry=Red Worried=Yellow Scared=Purple

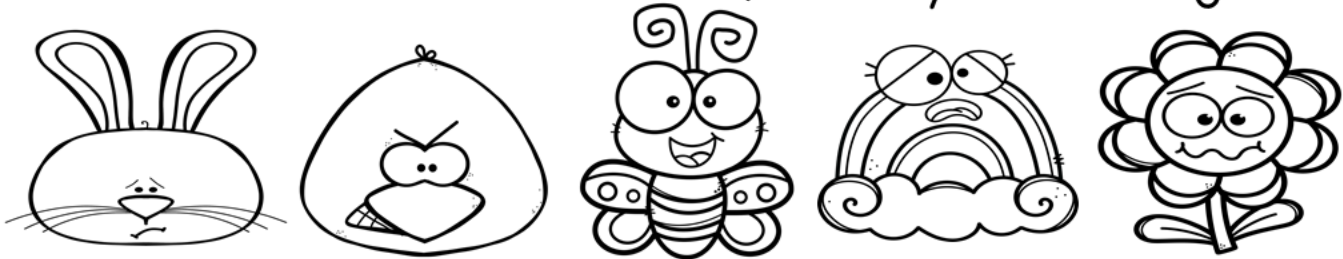
Someone calls you a mean name, color your feeling:



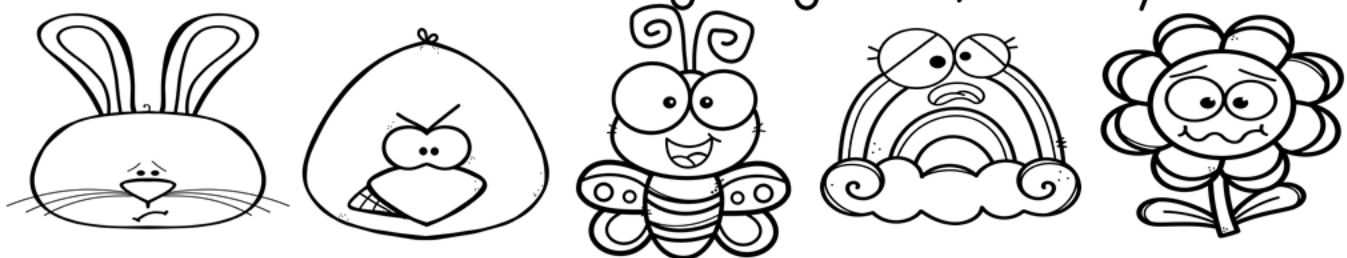
Someone says hi to you, color your feeling:



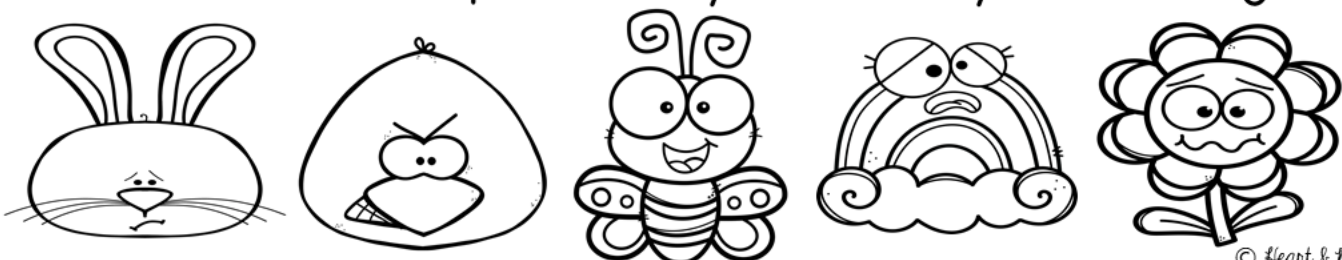
You hear a loud noise, color your feeling:



You are in a room and the lights go out, color your feeling:



Someone compliments you, color your feeling:

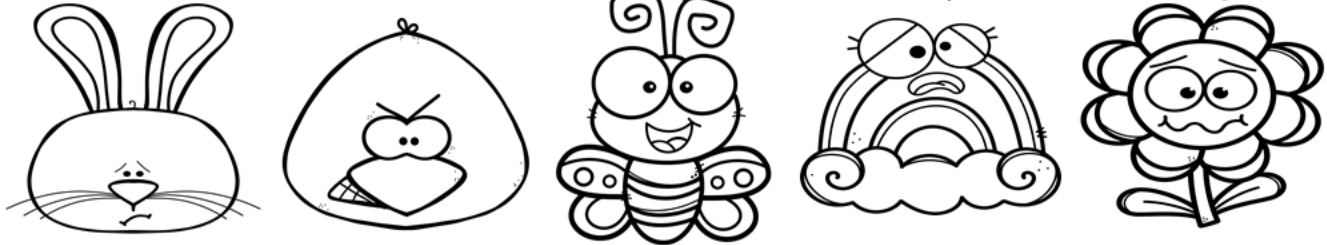


COLOR the Feelings

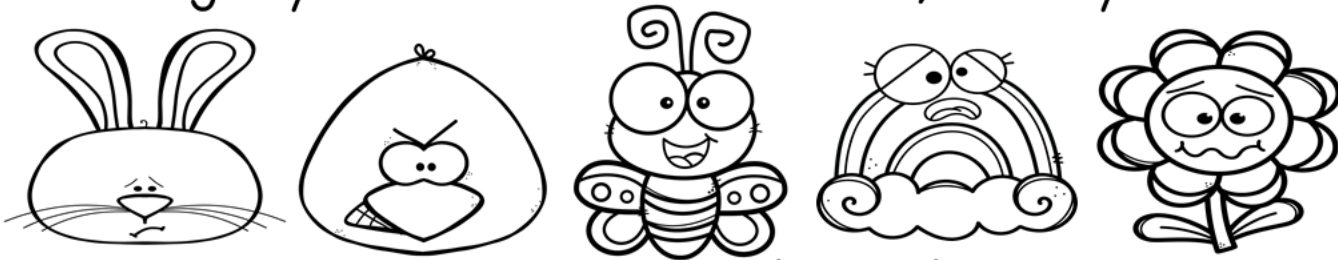
Happy=Green Sad=Blue

Angry=Red Worried=Yellow Scared=Purple

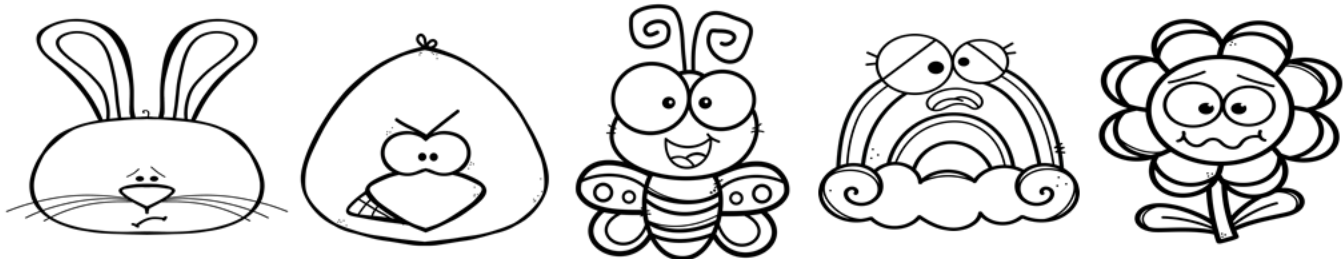
Someone interrupts you, color your feeling:



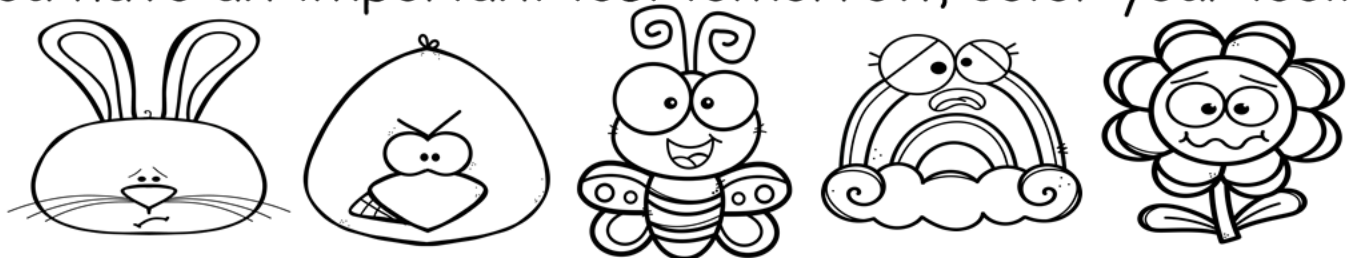
You forget your homework at home, color your feeling:



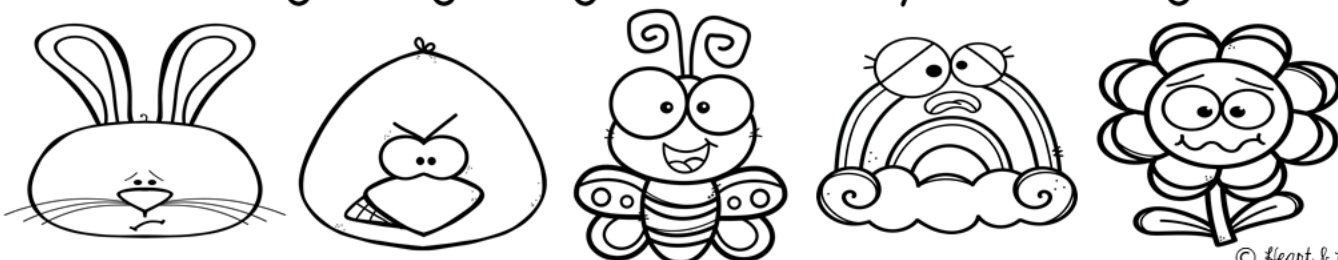
Your teacher calls on you to read aloud, color your feeling:



You have an important test tomorrow, color your feeling:



You get a good grade, color your feeling:

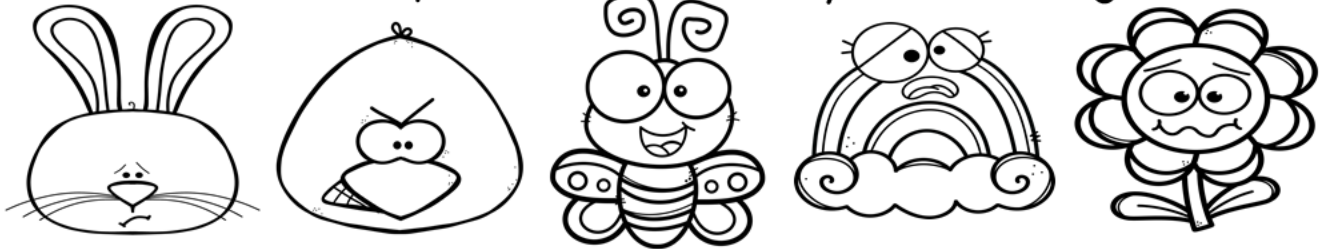


COLOR the Feelings

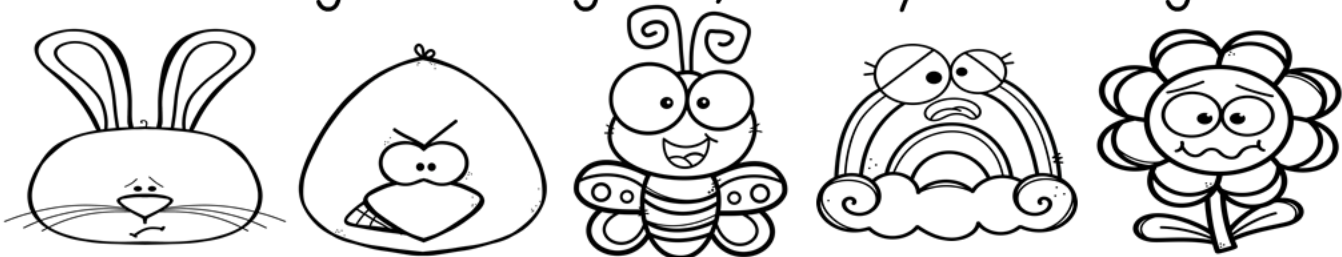
Happy=Green Sad=Blue

Angry=Red Worried=Yellow Scared=Purple

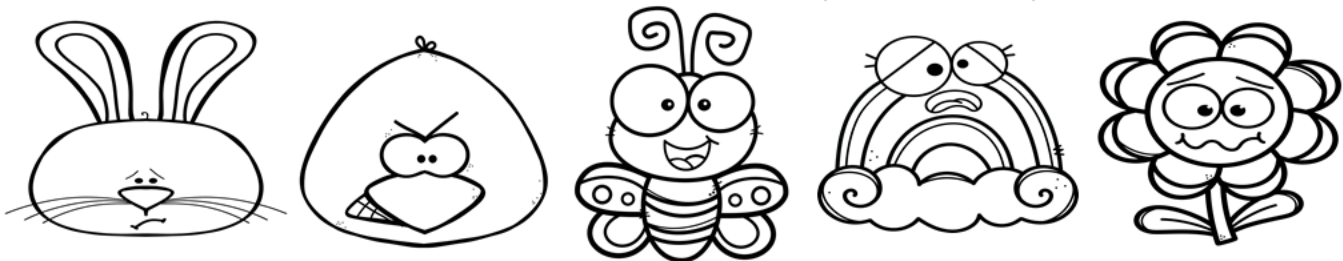
You trip and fall, color your feeling:



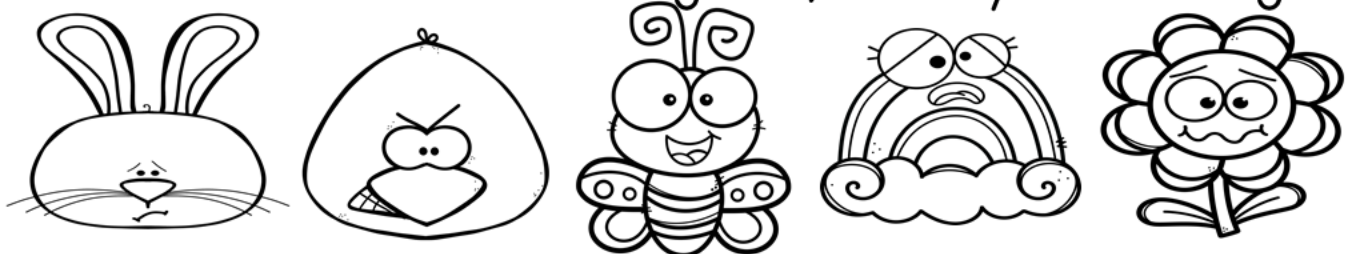
You get a bad grade, color your feeling:



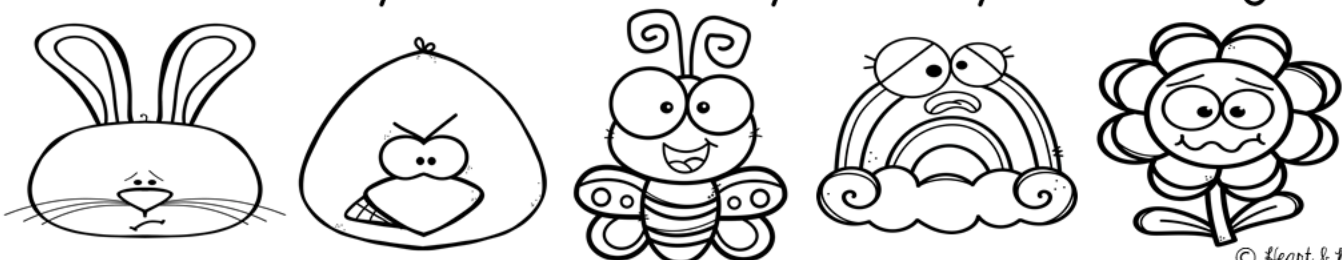
You don't get invited to a party, color your feeling:



Someone else is feeling sad, color your feeling:



You break your favorite toy, color your feeling:



COLOR the Feelings

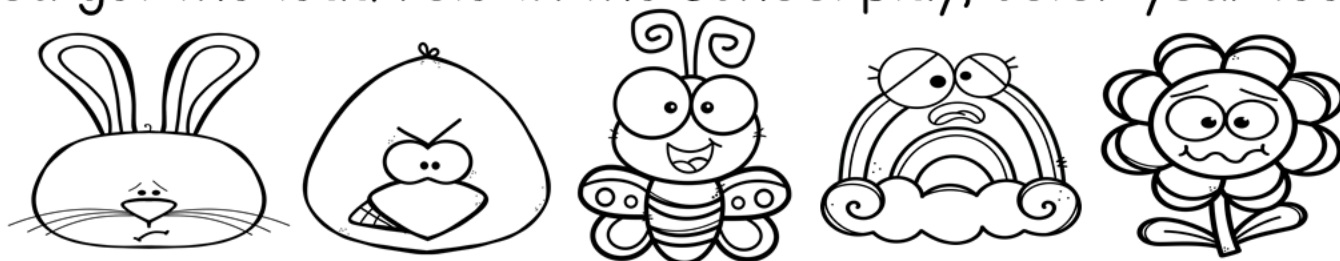
Happy=Green Sad=Blue

Angry=Red Worried=Yellow Scared=Purple

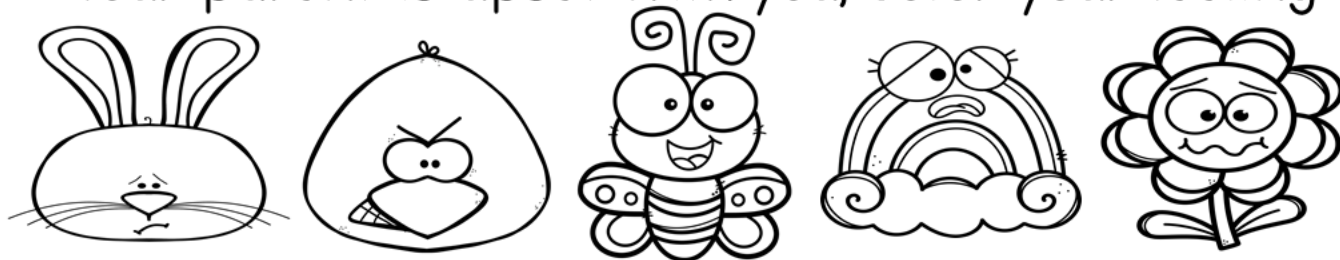
You lose at a game, color your feeling:



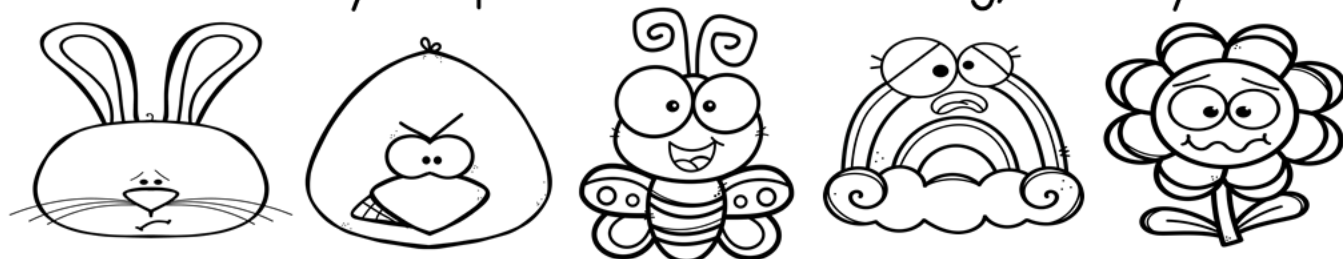
You get the lead role in the school play, color your feeling:



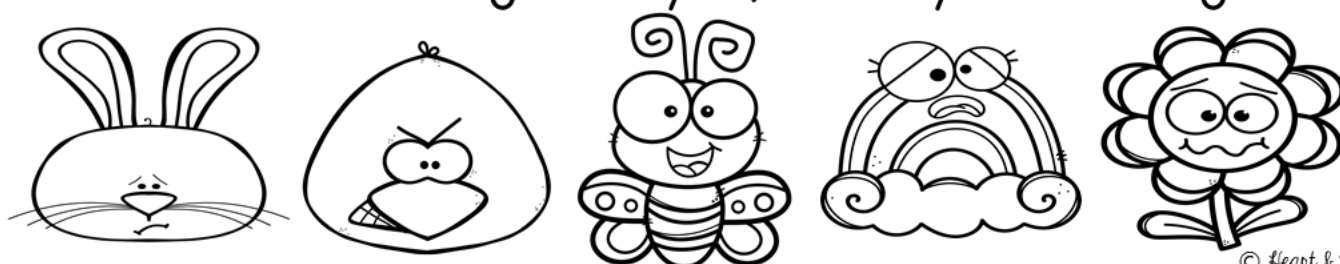
Your parent is upset with you, color your feeling:



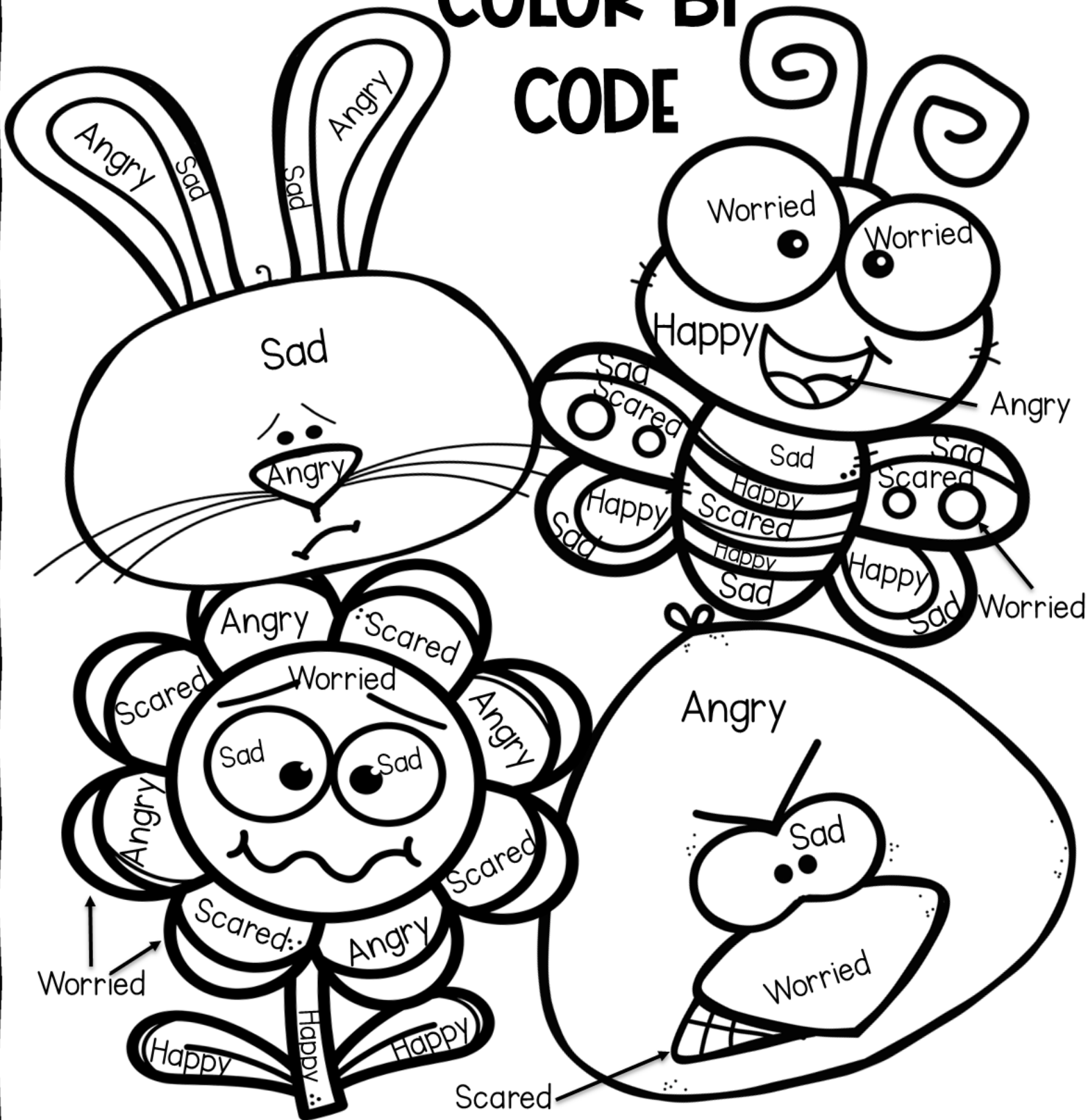
Someone takes your pencil without asking, color your feeling:



Someone laughs at you, color your feeling:



COLOR BY CODE



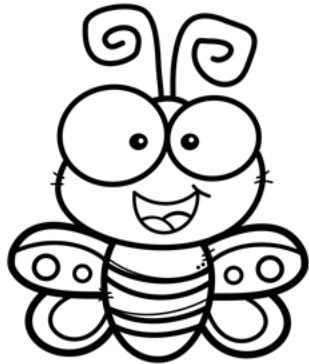
Find the word and color it using the key below:

Happy=Green	Sad=Blue	
Angry=Red	Worried=Yellow	Scared=Purple

COLOR the Feelings



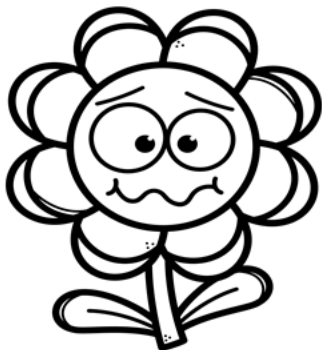
Sad



Happy



Scared



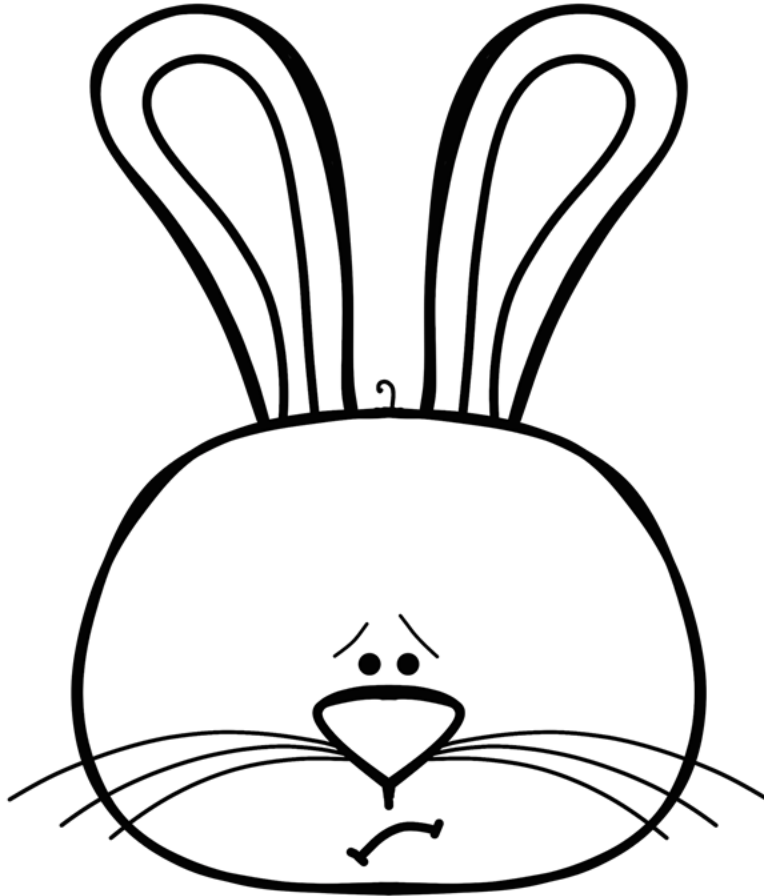
Worried



Angry

SAD Feelings

Color the sad bunny.



What do you notice about the way the bunny looks?

How do you feel when you are sad?

What makes you feel sad?

SAD Feelings

Sad looks like:

Feeling unhappy or upset.



Sad sounds like:

Sad feels like:

SAD Feelings



Draw what sad looks like to you:



Draw something that makes you sad:



Draw something that helps you feel better when sad:

SAD Feelings



These are some things that can help when you feel sad, color the ones you would use:



Talk about it.



Listen to music.



Make a list of what you are grateful for.



Write in a journal or diary.



Hug a stuffed animal.



Take a break.



Draw your feelings.



Think about things that make you feel happiness.



Do something that makes you happy.

SAD Feelings

These are some things that can help when you feel sad:

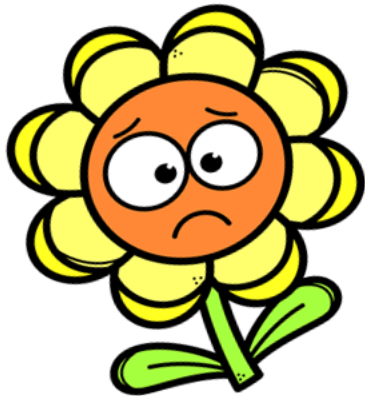


Talk about it.



Listen to music.

Make a list of what you are grateful for.



Write in a journal or diary.

Hug a stuffed animal.



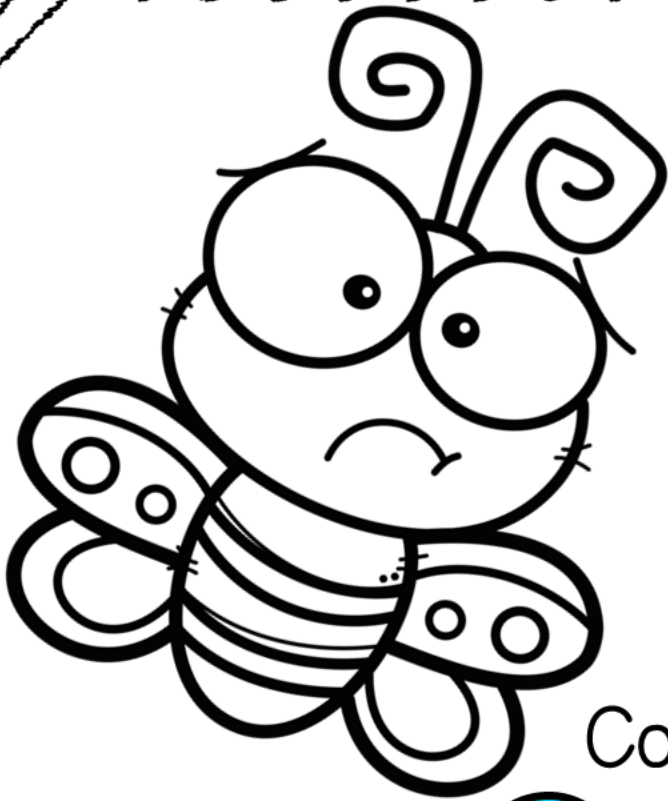
Call a friend.



Draw your feelings.

Do something that makes you happy.

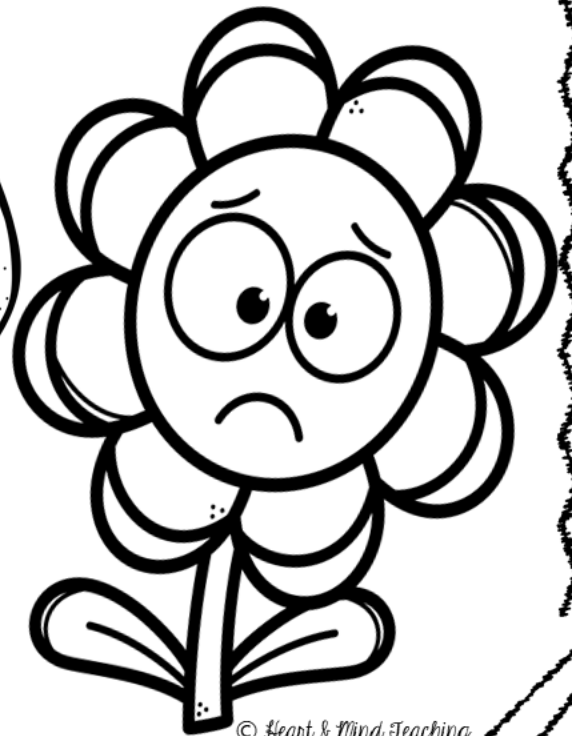
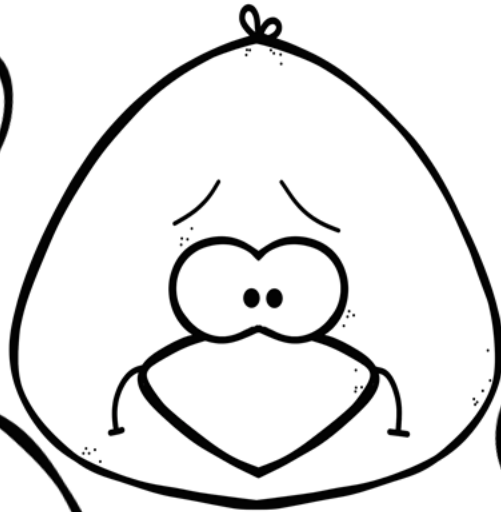
Think about things that make you feel happiness.



Color the

SAD

feelings.



Similar words for

SAD

(Synonyms)



Upset



Somber



Blue



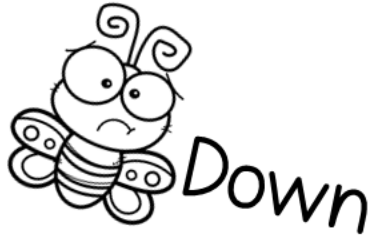
Upset



Heartbroken



Gloomy



Down



Unhappy

Opposite words for

SAD

(Antonyms)



Happy



Content



Glad



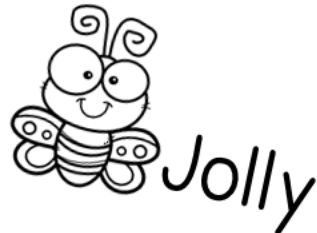
Excited



Cheerful



Thrilled



Jolly



Joyful

SAD

Synonyms & Antonyms

Color the Similar words for Sad: **Blue**
Color the Opposite words for Sad: **Green**



Low



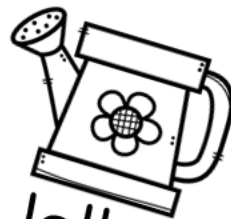
Upset



Glad



Cheerful



Jolly



Happy



Upset



Excited



Content



Thrilled



Somber



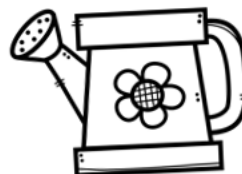
Gloomy



Heartbroken



Down



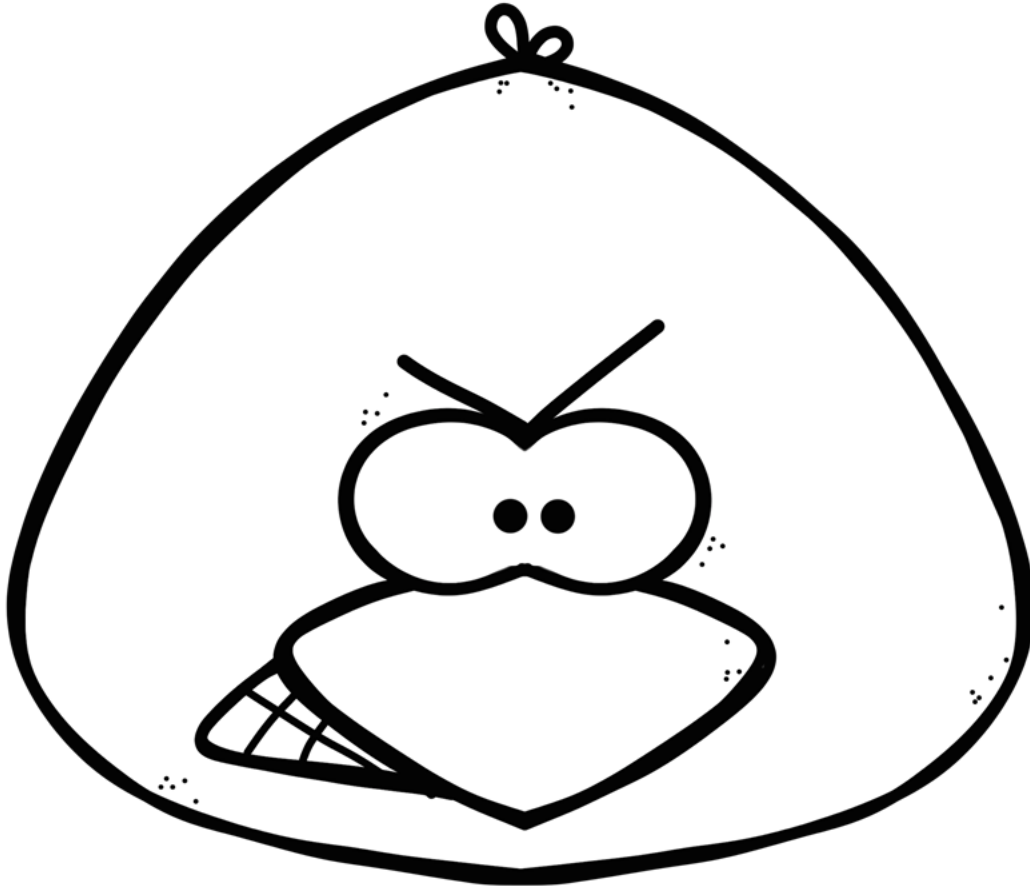
Joyful



Unhappy

ANGRY Feelings

Color the angry chick.



What do you notice about the way the chick looks?

How do you feel when you are angry?

What makes you feel angry?

ANGRY Feelings

Angry looks like:

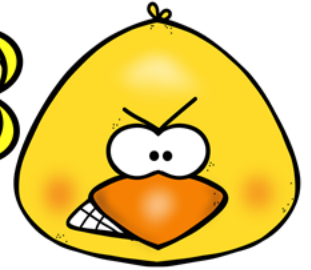
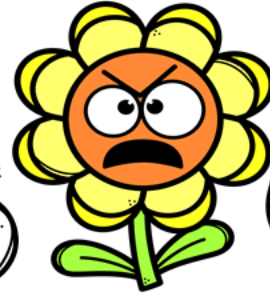
Feeling strongly displeased.



Angry feels like:

Angry sounds like:

ANGRY Feelings



Draw what anger looks like to you:



Draw something that makes you angry:



Draw something that helps you feel better when angry:

ANGRY Feelings



These are some things that can help when you feel angry, color the ones you would use:



Listen to calming music.



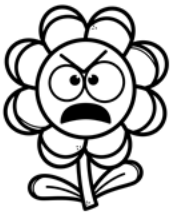
Talk about it.



Get up and move or exercise.



Write in a journal or diary.



Hug a loved one.



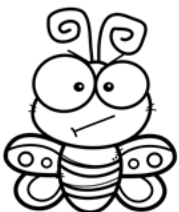
Take a break.



Think happy thoughts.



Count to 10.



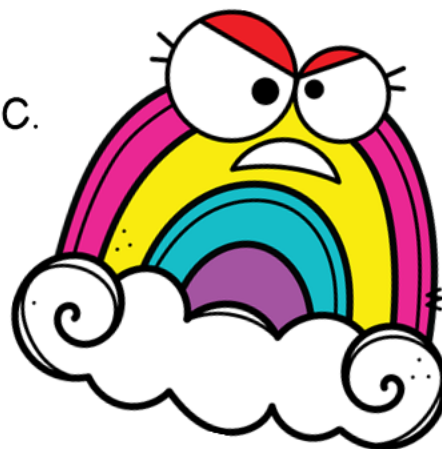
Take slow deep breaths.

ANGRY Feelings

These are some things that can help when you feel angry:



Listen to calming music.



Talk about it.

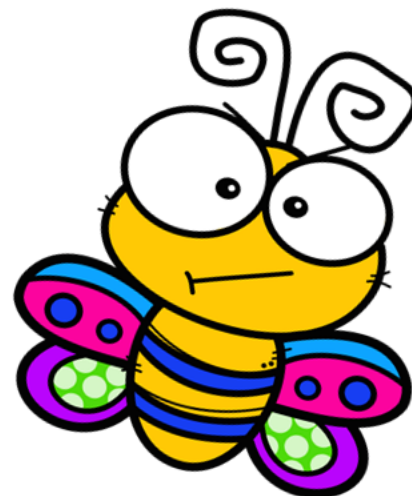
Get up and move or exercise.



Write in a journal or diary.

Hug a loved one.

Take a break.

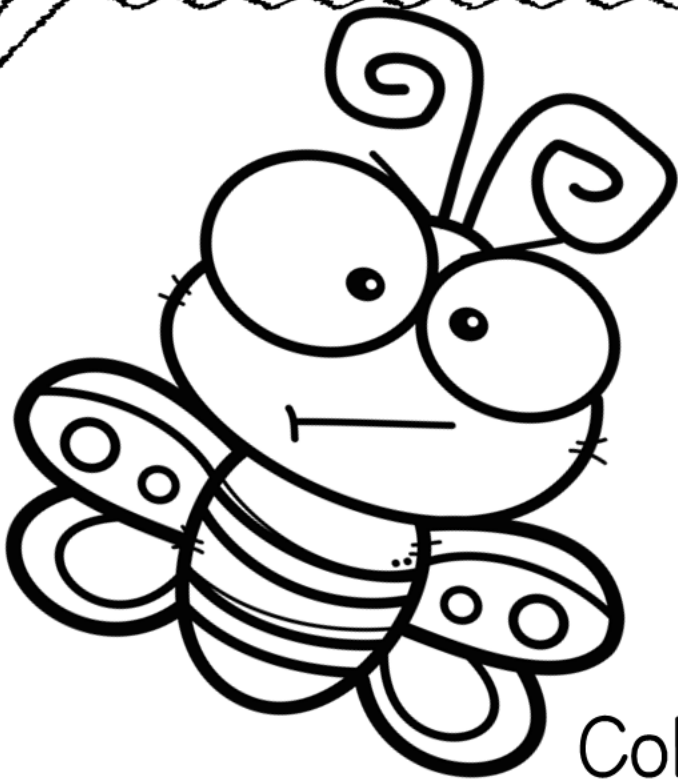


Think happy thoughts.

Take slow deep breaths.



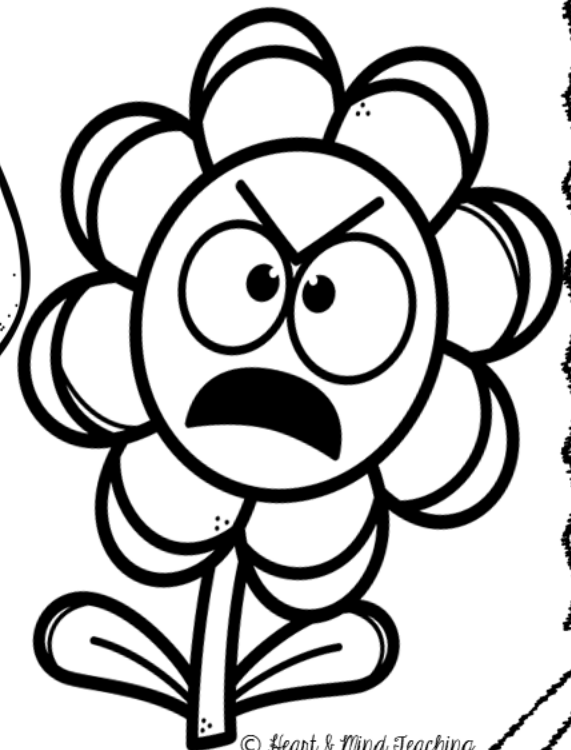
Count to 10.



Color the

ANGRY

feelings.



Similar words for

ANGRY

(Synonyms)



Fuming



Furious



Heated



Irritated



Displeased



Frustrated



Enraged



Annoyed

Opposite words for

ANGRY

(Antonyms)



Happy



Content



Calm



Peaceful



Cheerful



Mild



Cool



Joyful

ANGRY

Synonyms & Antonyms

Color the Similar words for Angry: **Red**
Color the Opposite words for Angry: **Green**



Fuming



Furious



Calm



Cheerful



Cool



Happy



Frustrated



Peaceful



Content



Displeased



Irritated



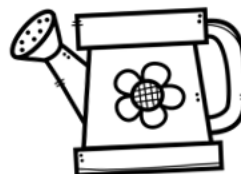
Annoyed



Mild



Heated



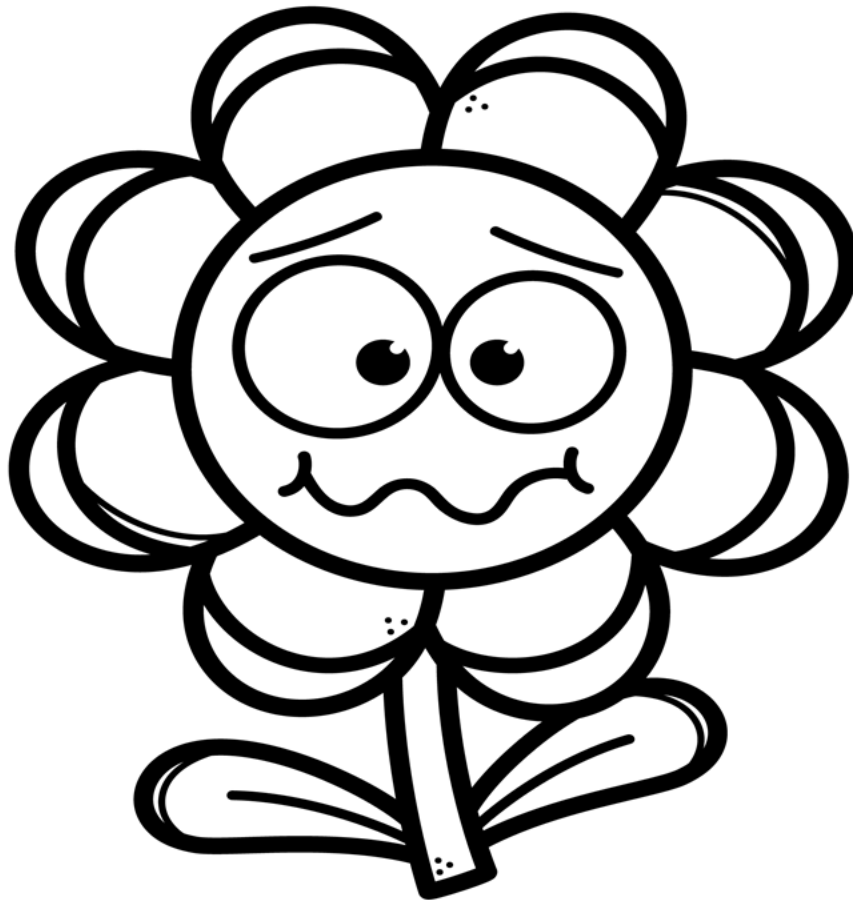
Joyful



Enraged

WORRIED Feelings

Color the worried flower.



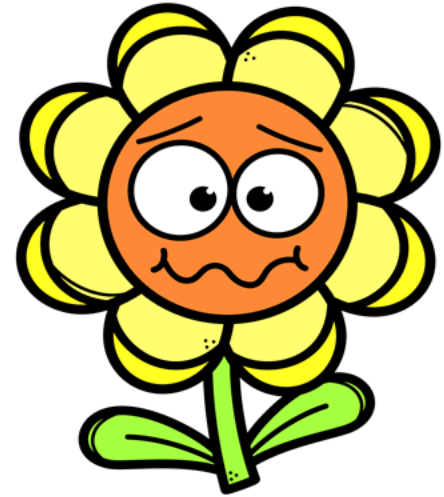
What do you notice about the way the flower looks?

How do you feel when you are worried?

What makes you feel worried?

WORRIED Feelings

Feeling concerned about what might happen.

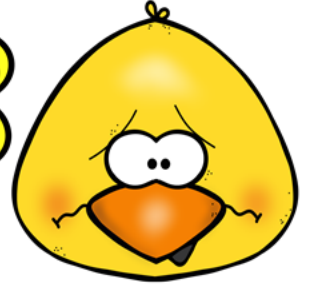
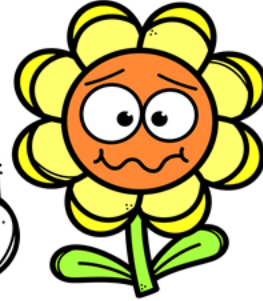


Worried looks like:

Worried feels like:

Worried sounds like:

WORRIED Feelings



Draw what worried looks like to you:



Draw something that makes you worried:



Draw something that helps you feel better when worried:

WORRIED Feelings



These are some things that can help when you feel worried, color the ones you would use:



Take a break.



Squeeze a stress ball.



Take slow deep breaths.



Write about it in a journal or diary.



Practice Yoga.



Talk about it.



Ask for help.



Tell yourself a positive affirmation.



Visualize a peaceful place.

WORRIED Feelings

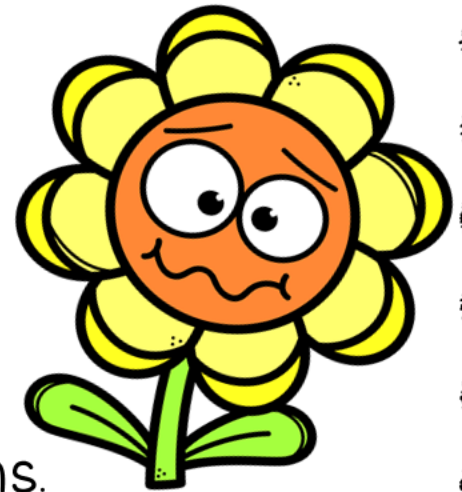
These are some things that can help when you feel worried:



Take a break.

Squeeze a stress ball.

Take slow deep breaths.



Write about in a journal
or diary.

Practice Yoga.

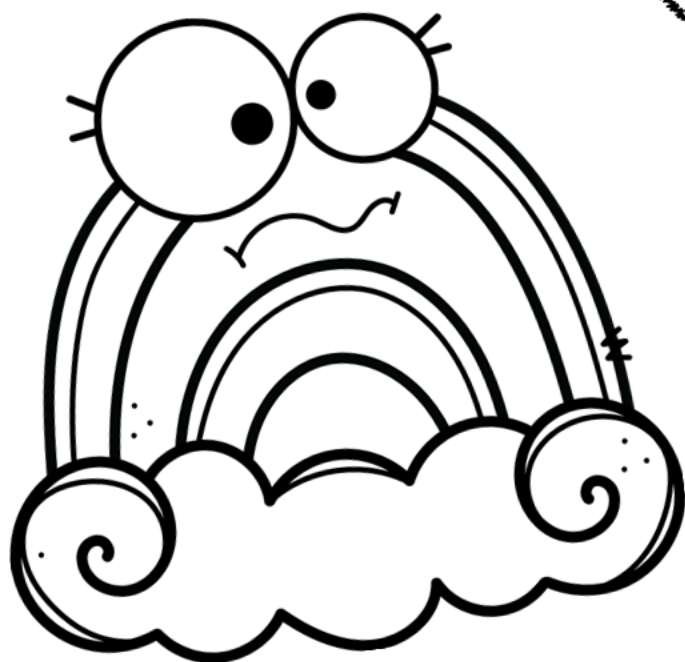
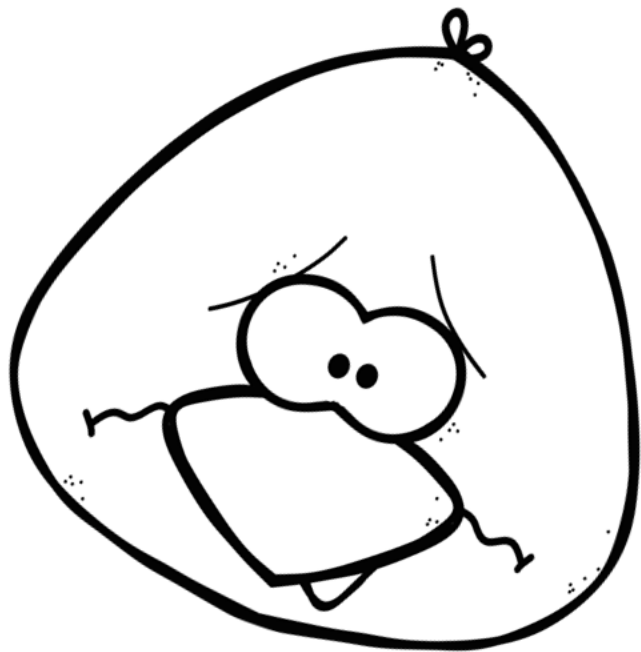
Ask for help.

Talk about it.

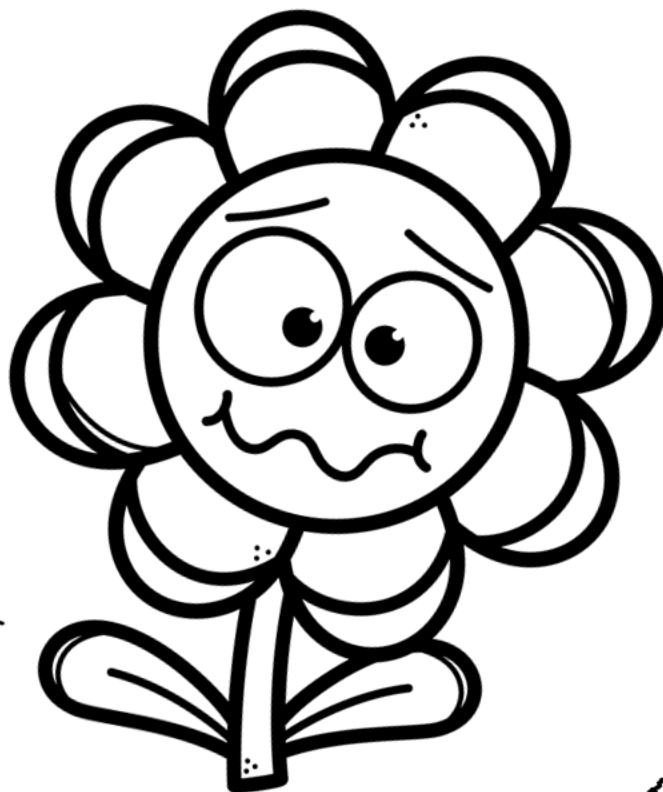
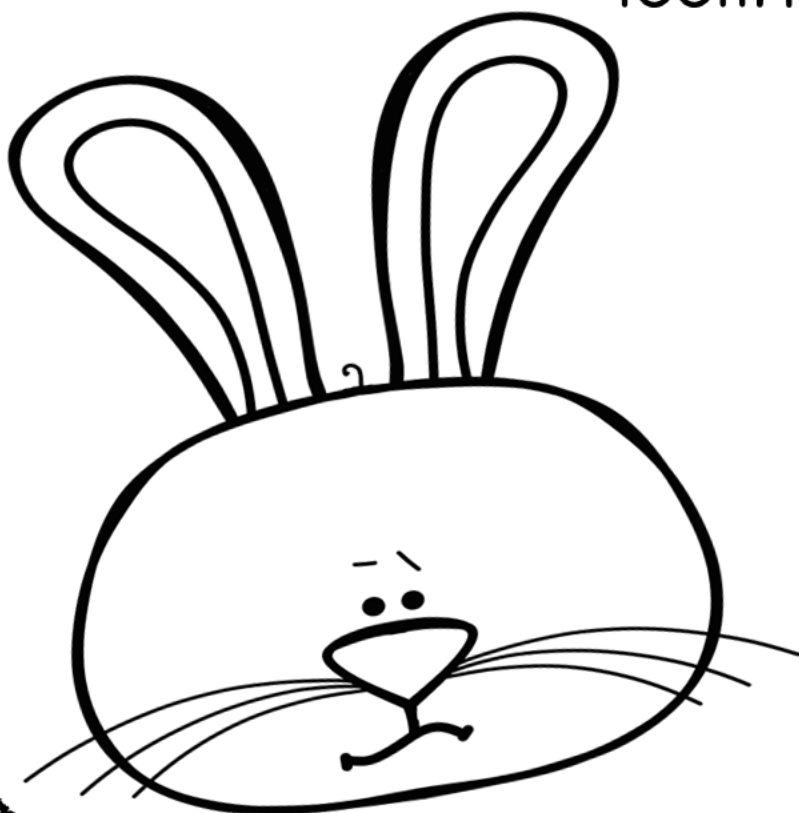


Tell yourself a positive affirmation.

Visualize a peaceful place.



Color the
WORRIED
feelings.



Similar words for

WORRIED

(Synonyms)



Anxious



Nervous



Tense



Distressed



Distraught



Apprehensive



Uneasy



Uptight

Opposite words for

WORRIED

(Antonyms)



Happy



Content



Calm



Peaceful



Untroubled



Comforted



Cool



Relaxed

WORRIED

Synonyms & Antonyms

Color the Similar words for Worried: **Yellow**
Color the Opposite words for Worried: **Green**



Nervous



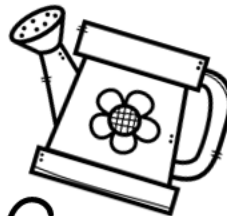
Anxious



Calm



Uneasy



Cool



Happy



Distraught



Peaceful



Content



Comforted



Distressed



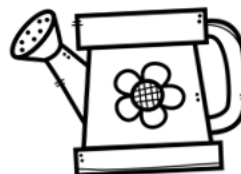
Uptight



Apprehensive



Tense



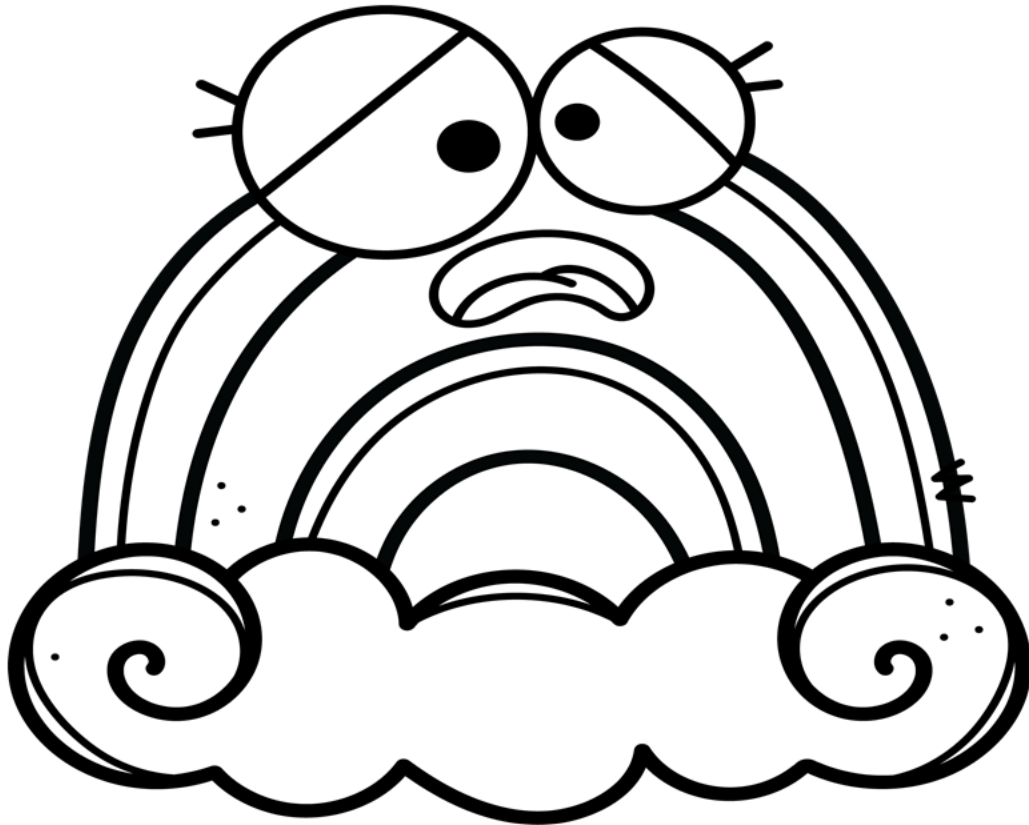
Relaxed



Uneasy

SCARED Feelings

Color the scared rainbow.



What do you notice about the way the rainbow looks?

How do you feel when you are scared?

What makes you feel scared?

SCARED Feelings

Scared looks like:

Feeling afraid or fearful.



Scared sounds like:

Scared feels like:

SCARED Feelings



Draw what scared looks like to you:



Draw something that makes you scared:



Draw something that helps you feel better when scared:

SCARED Feelings



These are some things that can help when you feel scared, color the ones you would use:



Write in a journal or diary.



Think about the people who love and protect you.



Talk about it.



Think about the fear and if it is justified.



Hug a stuffed animal.



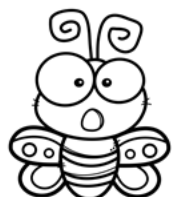
Ask for help.



Think about how strong and capable you are.



Distract yourself with an activity.



Think about ways to overcome the fear.

SCARED Feelings

These are some things that can help when you feel scared:

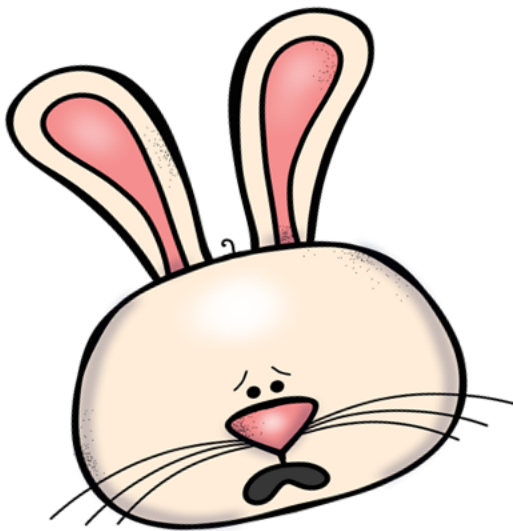


Write or draw in a journal.

Think about the people who love and protect you.



Think about the fear and if it is justified.



Talk about it.

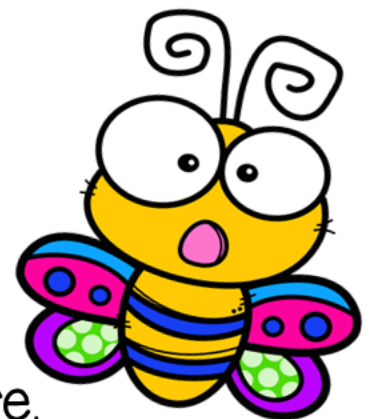
Hug a stuffed animal.



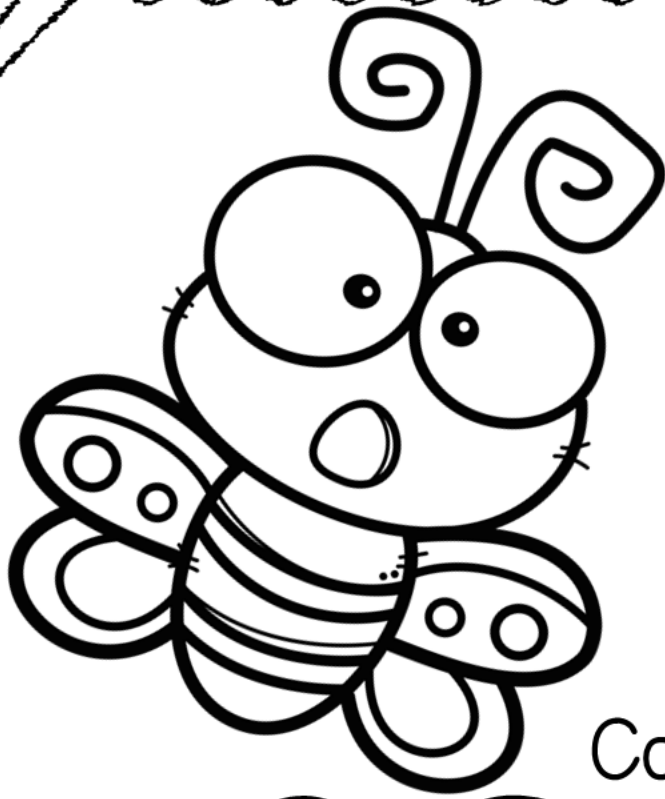
Ask for help.

Distract yourself with an activity.

Think about how strong and capable you are.



Think about ways to overcome the fear.



Color the
SCARED
feelings.



Similar words for

SCARED

(Synonyms)



Anxious



Fearful



Afraid



Panicked



Terrified



Shaken



Startled



Petrified

Opposite words for

SCARED

(Antonyms)



Cool



Unafraid



Calm



Brave



Courageous



Confident



Fearless



Relaxed

SCARED

Synonyms & Antonyms

Color the Similar words for Scared: **Purple**
Color the Opposite words for Scared: **Green**



Terrified



Anxious



Calm



Afraid



Panicked



Petrified



Startled



Brave



Fearless



Unafraid



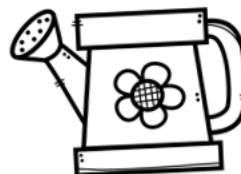
Shaken



Confident



Cool



Relaxed



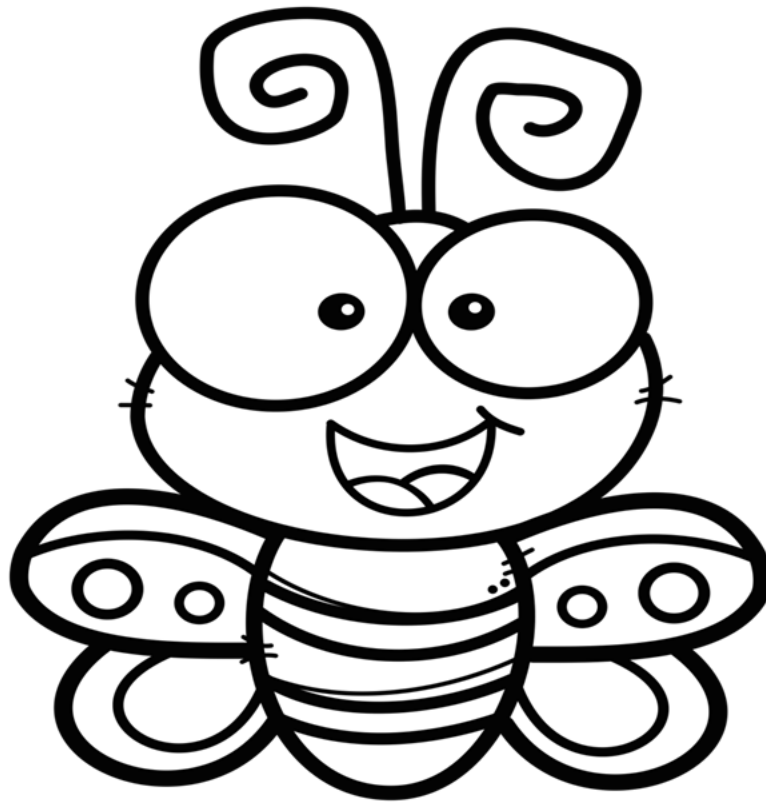
Fearful



Courageous

HAPPY Feelings

Color the happy butterfly.



What do you notice about the way the butterfly looks?

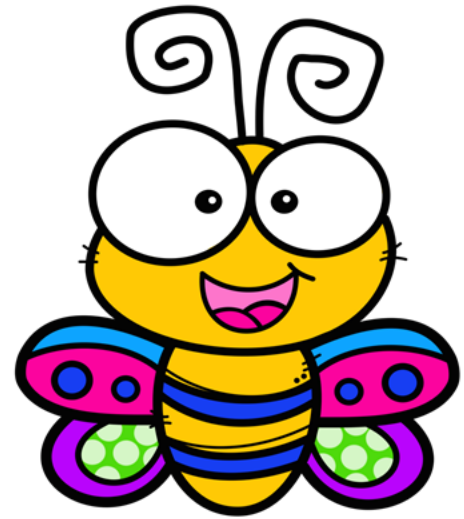
How do you feel when you are happy?

What makes you feel happy?

HAPPY Feelings

Happy looks like:

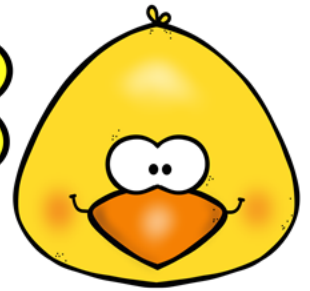
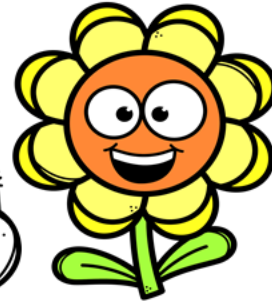
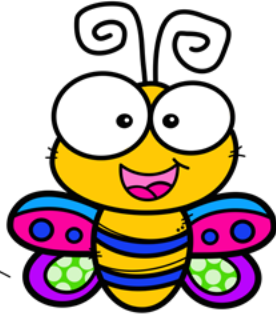
Feeling joyful and pleased.



Happy sounds like:

Happy feels like:

HAPPY Feelings



Draw what happy looks like to you:



Draw something that makes you happy:



Draw a memory that makes you feel happiness:

HAPPY Feelings



These are some things that can make people feel happy, color the ones that would make you happy:



Getting a hug.



Being given a compliment.



Playing something fun.



Spending time with loved ones.



Talking to someone who cares.



Doing something artistic.



Helping others.



Getting an award or recognition.



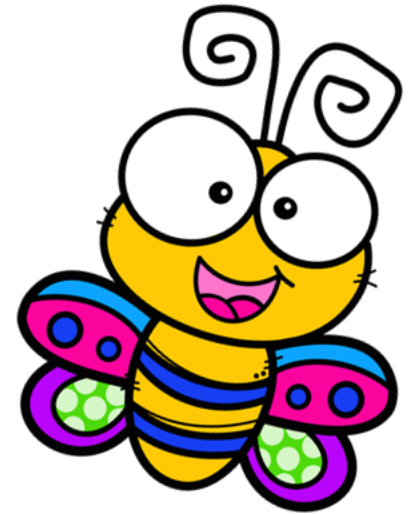
Listening to jokes.

HAPPY Feelings

These are some things that can help you feel happy:

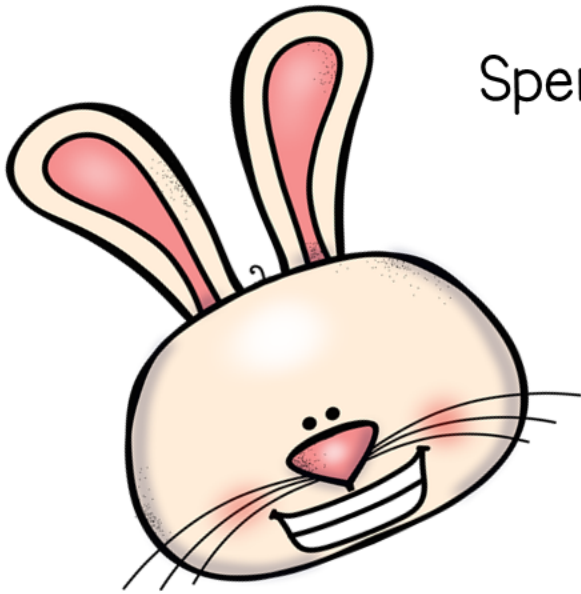


Getting a hug.



Being given a compliment.

Spending time with loved ones.



Playing something fun.

Helping others.

Listening to jokes.

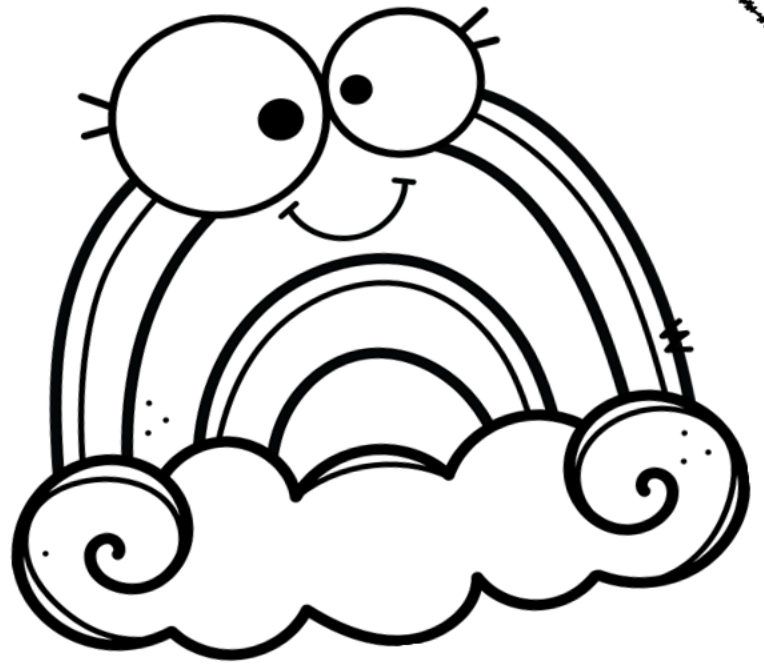
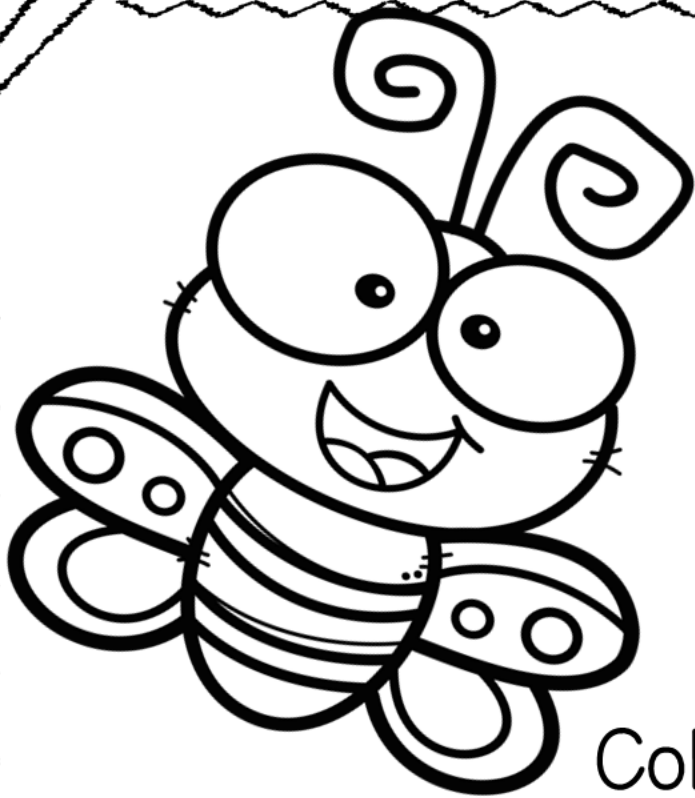


Doing something artistic.

Getting an award or recognition.



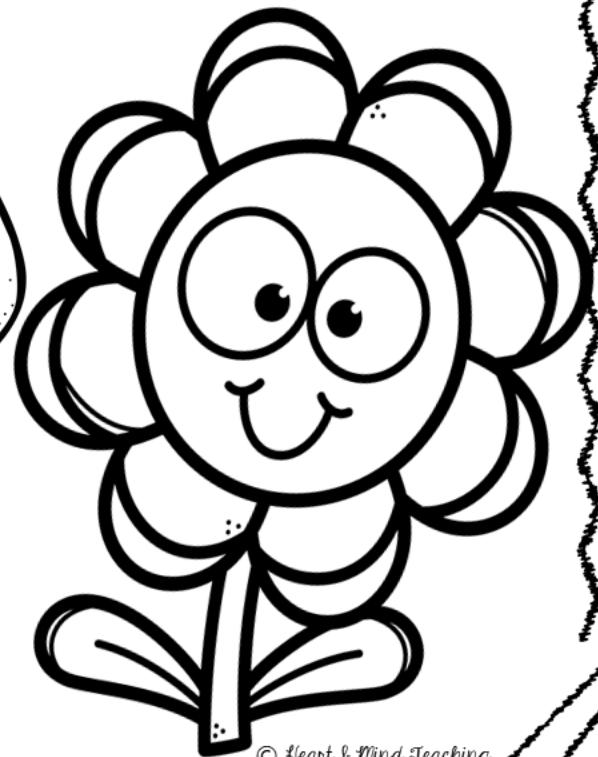
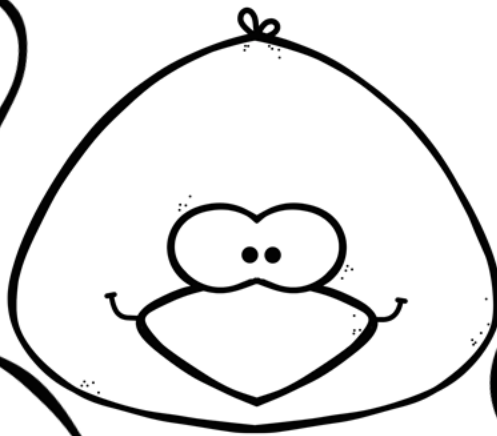
Talking to someone who cares.



Color the

HAPPY

feelings.



Similar words for

HAPPY

(Synonyms)



Blissful



Pleased



Merry



Ecstatic



Cheerful



Jolly



Glad



Joyful

Opposite words for

HAPPY

(Antonyms)



Sad



Upset



Angry



Serious



Displeased



Miserable



Hopeless



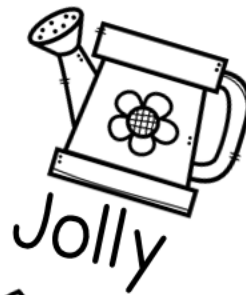
Annoyed

HAPPY

Synonyms & Antonyms

Color the Similar words for Happy: **Green**

Color the Opposite words for Happy: **Blue**



COLOR *the* Feelings



Spring Edition

Session Objective:

*Students will identify feeling words and physical expressions of feelings.

Materials:

*Pencils

*Crayons

*Color the Feeling handouts

Guiding Questions:

*What are some similarities with how we express our feelings?

*What are some differences with how we express our feelings?

Session Details (about 30 minutes)

*Say "Everyone experiences feelings, sometimes those feelings are expressed differently, some people get red in the face when angry, some cry when sad, some scream when scared, some jump for joy. It's important to identify how our feelings look because the more we understand our emotions the more we can control them." Pass out the handouts. Let's start by going through each feeling one by one. The first is sadness which means feeling unhappy or upset. A common way to express sadness is a frown or crying. Let's go through the handouts to find out how you express sadness. We also need to think about how we can overcome sadness, some ways are...(read handout). Are there any that you would add to this list? Let's think of words that also mean sad, or synonyms, and words that mean the opposite of sad, antonyms. (Review accompanying handouts). Repeat this for all 5 feelings. Then go to the color the feelings pages with all the feelings. Have them complete it using the color code at the top of the page. Once complete, Say "now we are going to identify how certain situations would make us feel, each of us might have unique answers and there is no right or wrong answer because we may have different feelings about things." The next page is color by code, identify the feeling word and color it the assigned color.

ASCA Standards Alignment:

*Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M I)

*Behavior: Social Skills: Use effective oral and written communication skills and listening skills (B-SS I)

SEL Competencies:

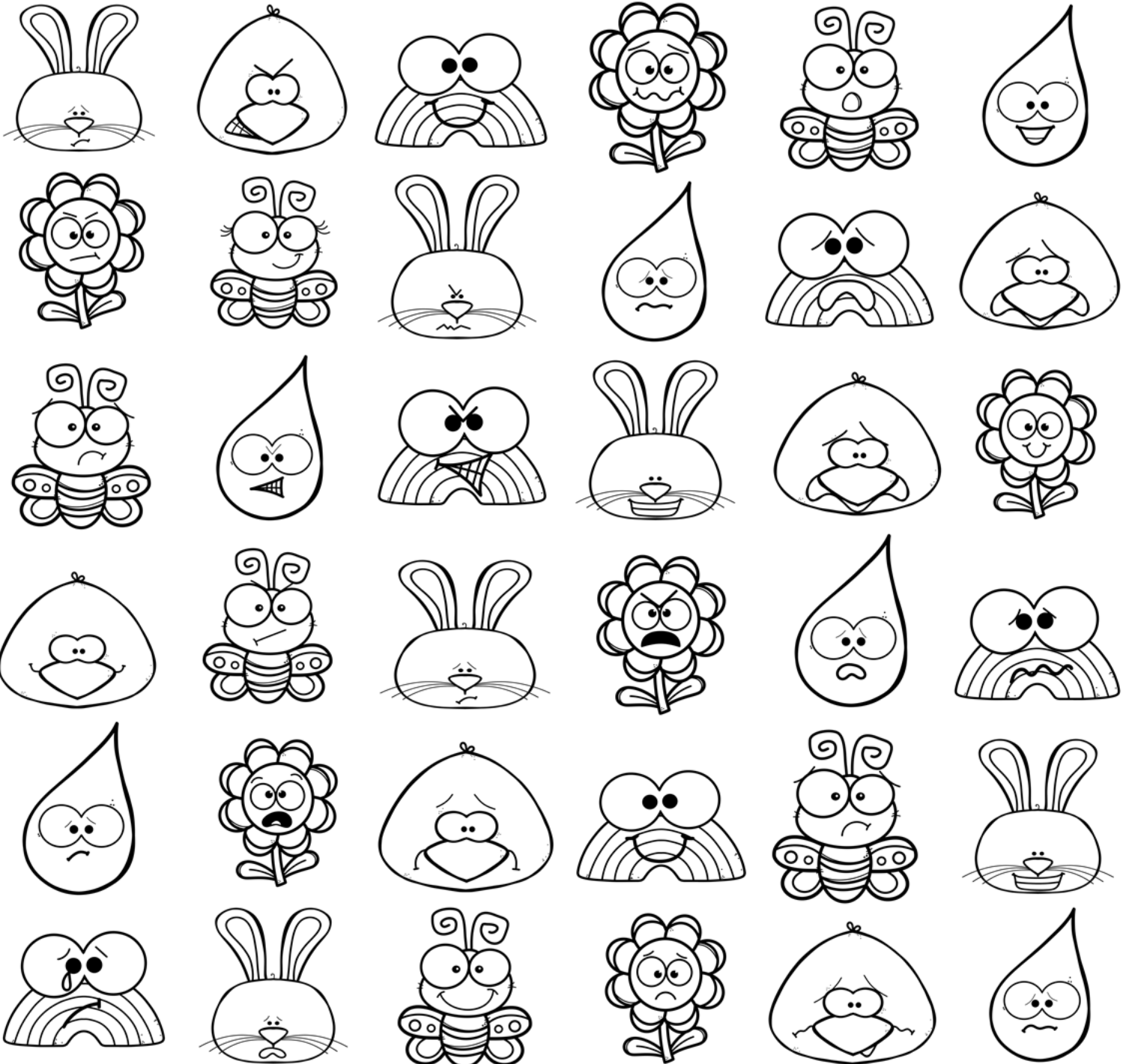
*Self-awareness: identifying emotions, accurate self-perception.

COLOR *the* Feelings

Happy=Green Sad=Blue

Angry=Red Worried=Yellow Scared=Purple

Color the spring feelings using the color code above.

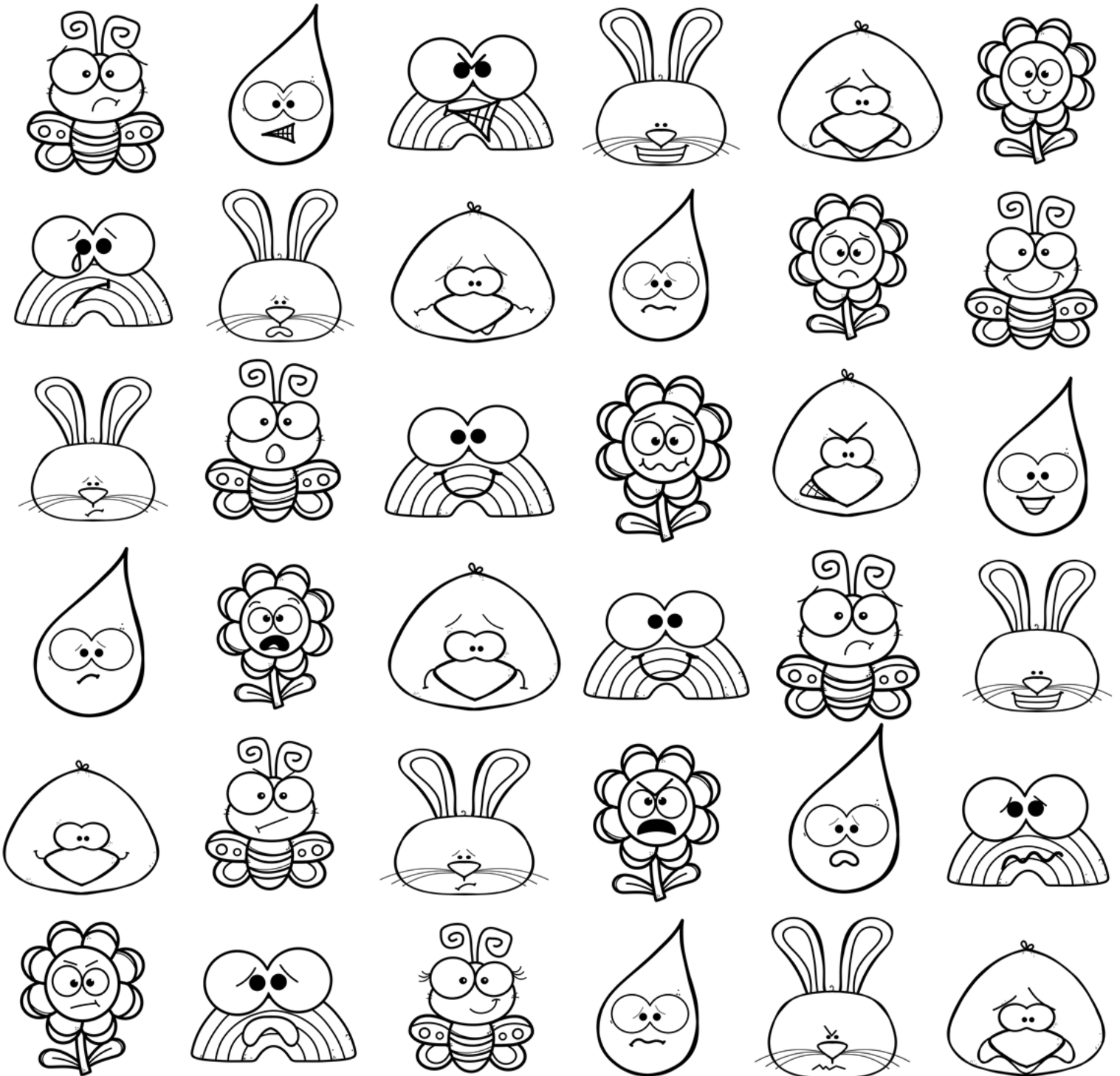


COLOR *the* Feelings

Happy=Green Sad=Blue

Angry=Red Worried=Yellow Scared=Purple

Color the spring feelings using the color code above.

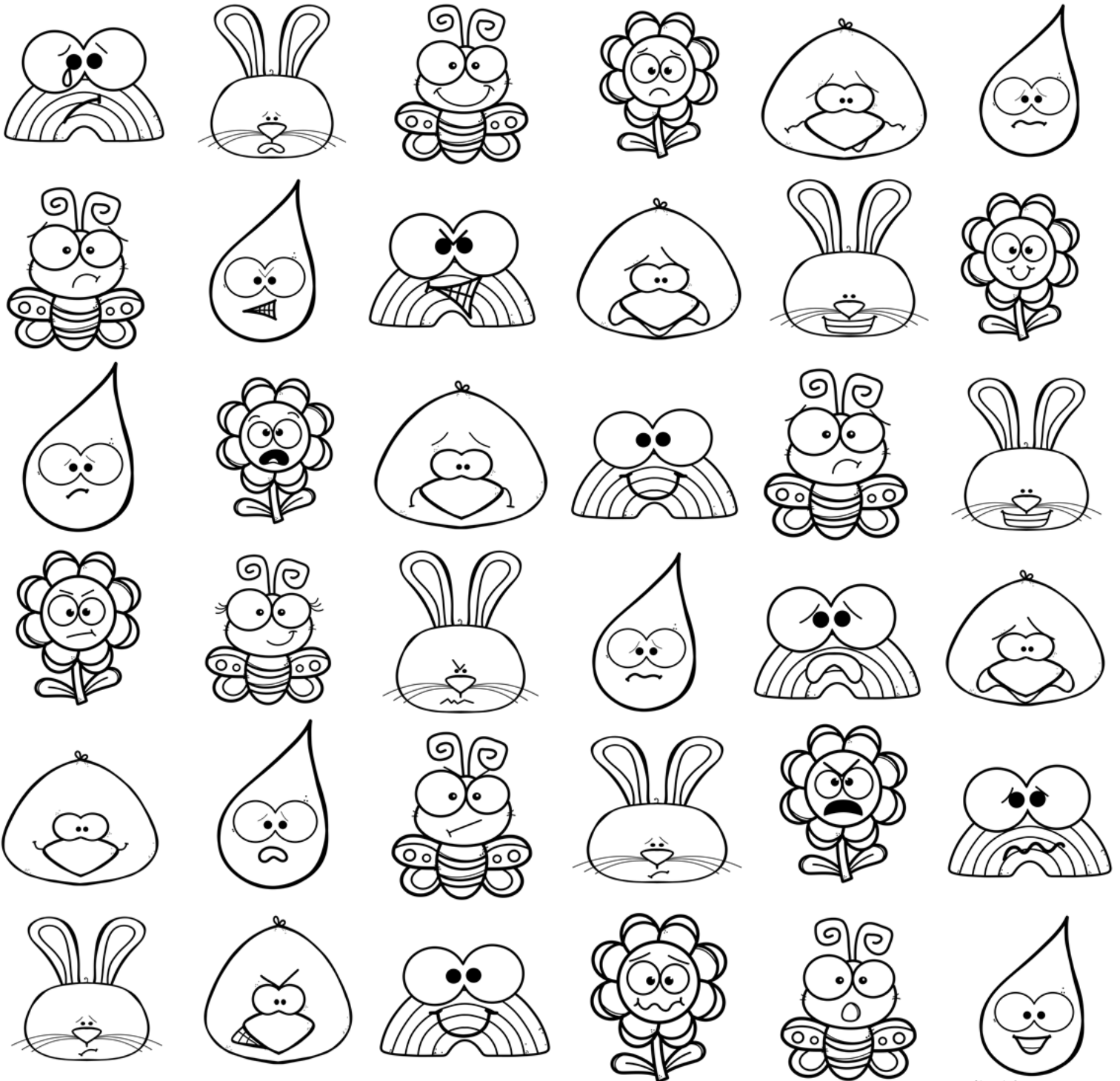


COLOR *the* Feelings

Happy=Green Sad=Blue

Angry=Red Worried=Yellow Scared=Purple

Color the spring feelings using the color code above.

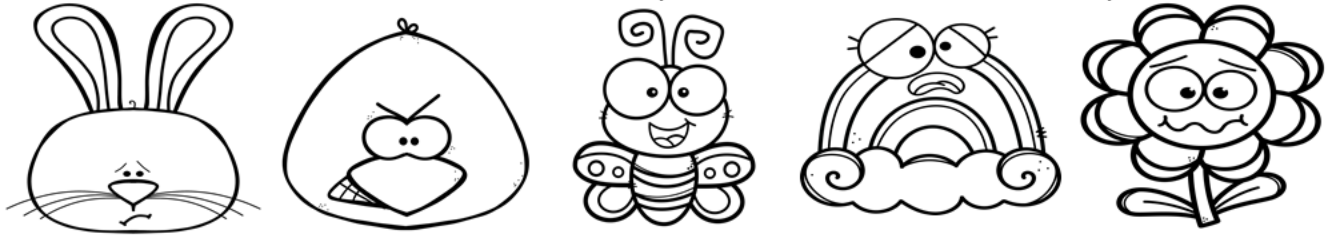


COLOR *the* Feelings

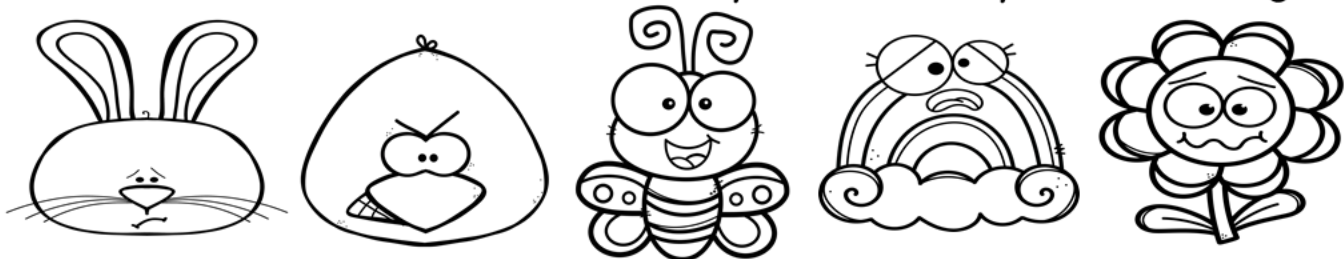
Happy=Green Sad=Blue

Angry=Red Worried=Yellow Scared=Purple

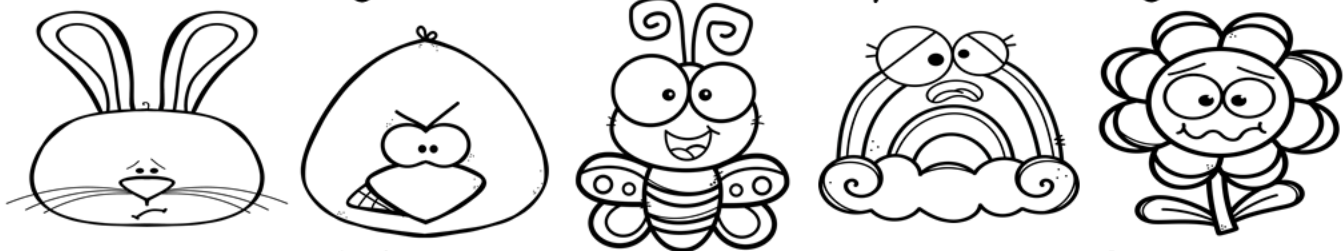
Someone cuts in front of you in line, color your feeling:



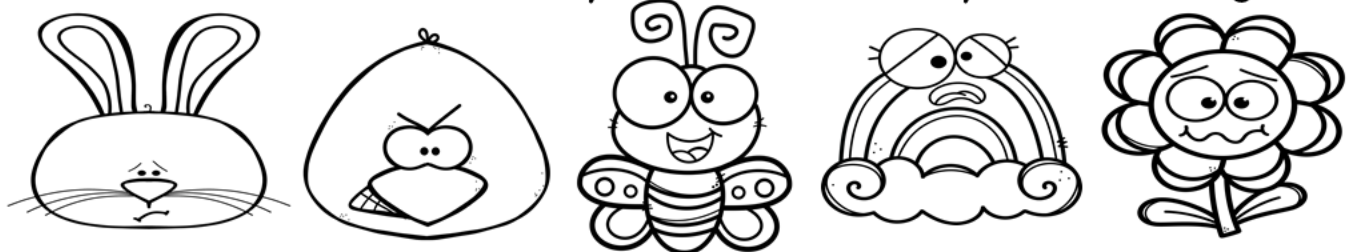
Someone makes fun of you, color your feeling:



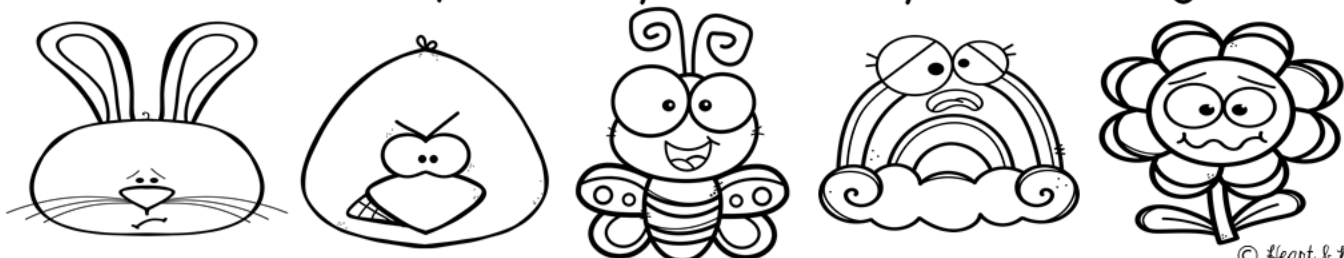
You get an award, color your feeling:



You watch a scary movie, color your feeling:



Someone pushes you, color your feeling:

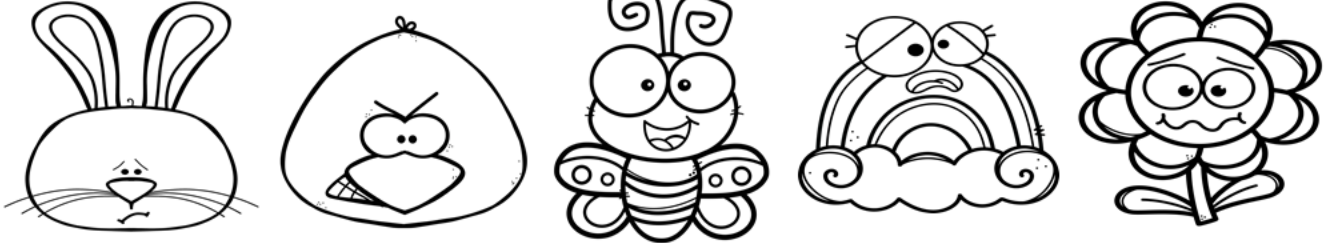


COLOR *the* Feelings

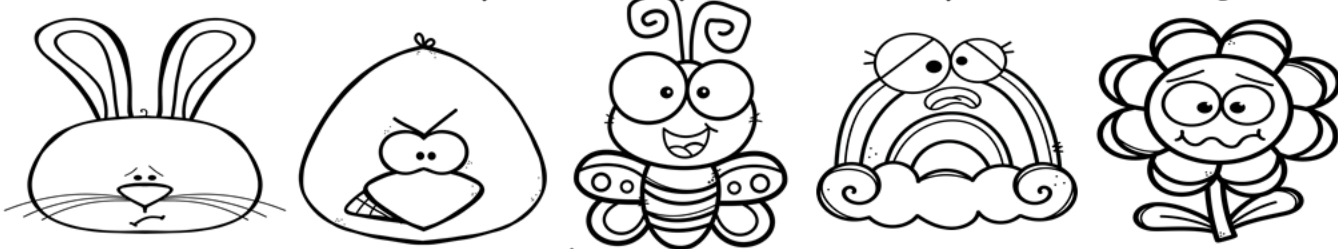
Happy=Green Sad=Blue

Angry=Red Worried=Yellow Scared=Purple

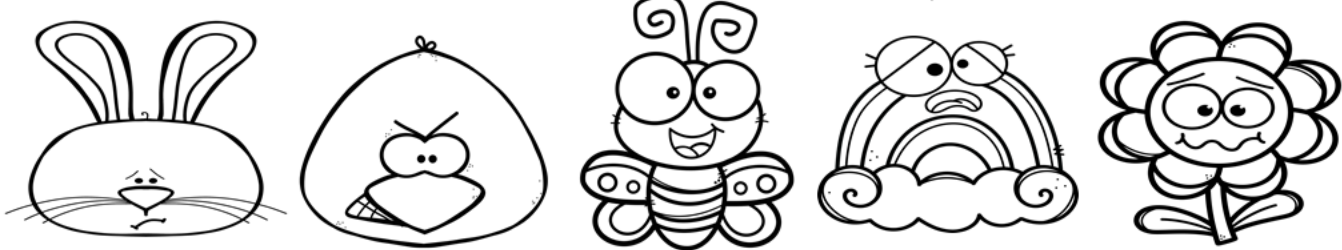
Someone calls you a mean name, color your feeling:



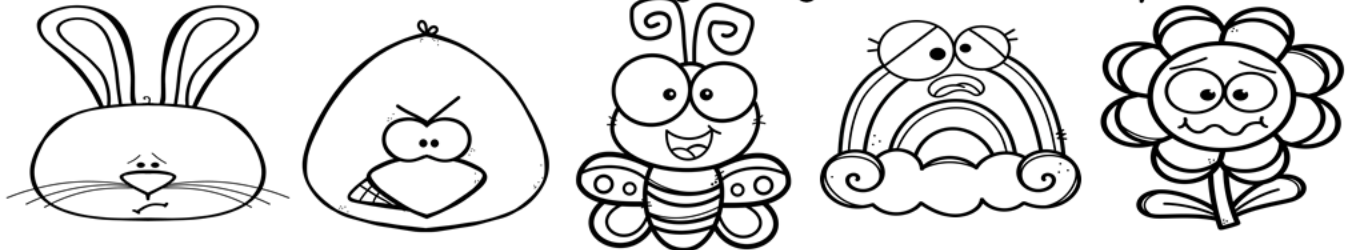
Someone says hi to you, color your feeling:



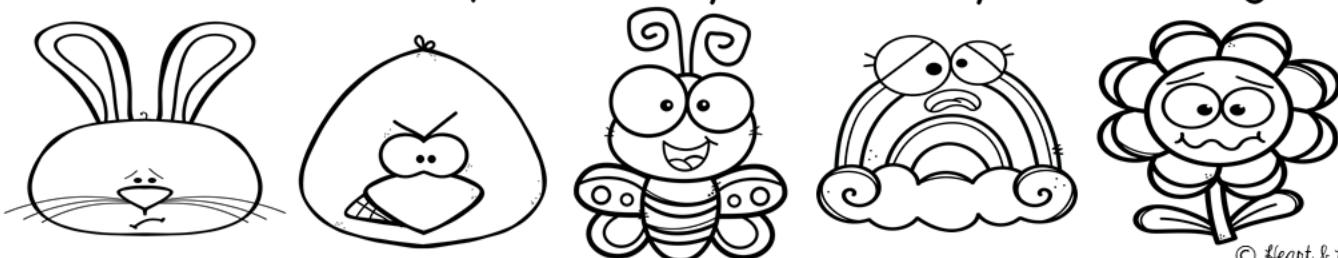
You hear a loud noise, color your feeling:



You are in a room and the lights go out, color your feeling:



Someone compliments you, color your feeling:

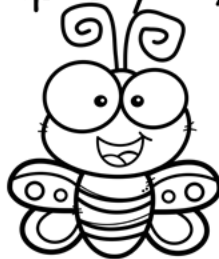


COLOR *the* Feelings

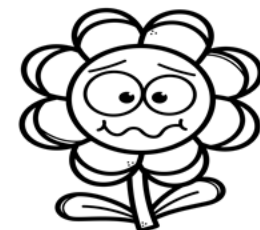
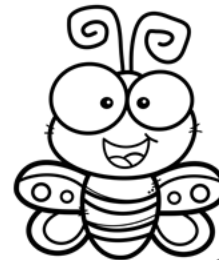
Happy=Green Sad=Blue

Angry=Red Worried=Yellow Scared=Purple

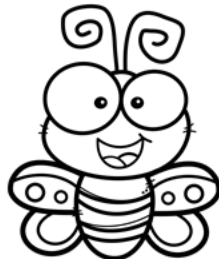
Someone interrupts you, color your feeling:



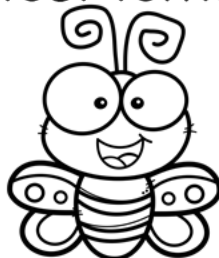
You forget your homework at home, color your feeling:



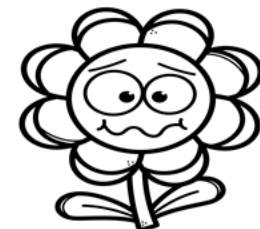
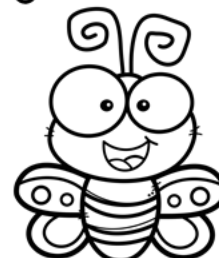
Your teacher calls on you to read aloud, color your feeling:



You have an important test tomorrow, color your feeling:



You get a good grade, color your feeling:

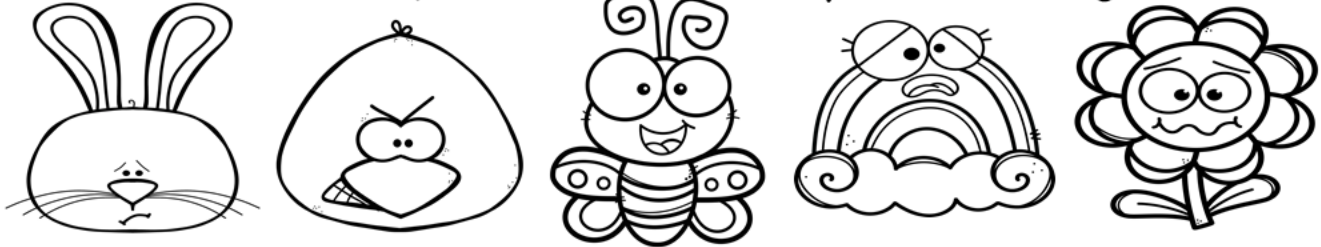


COLOR *the* Feelings

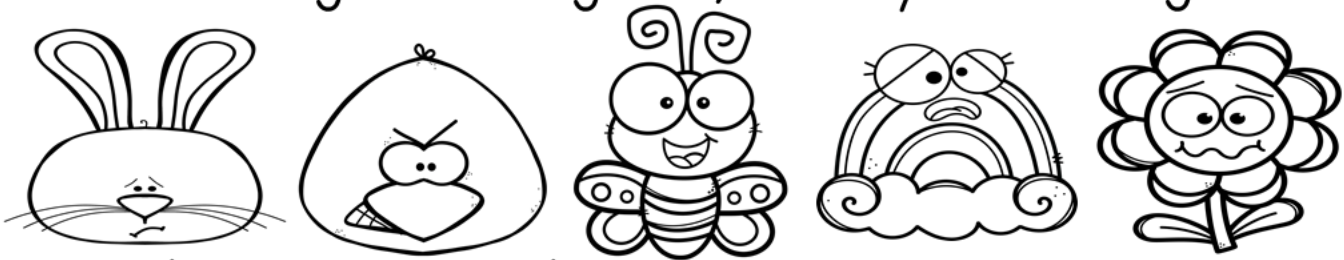
Happy=Green Sad=Blue

Angry=Red Worried=Yellow Scared=Purple

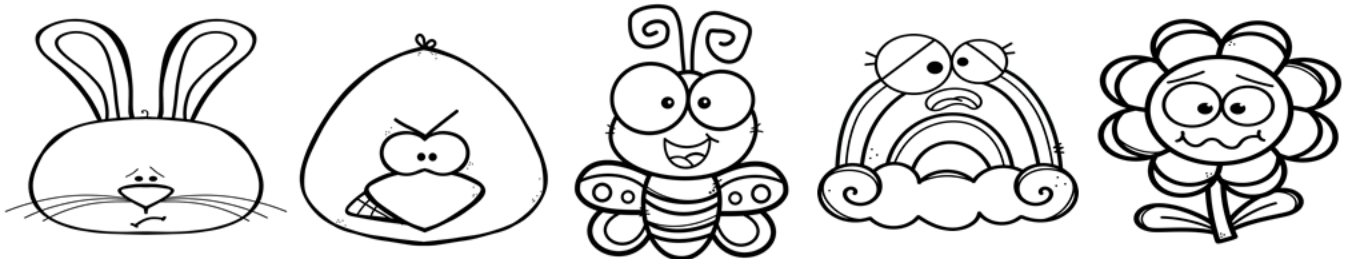
You trip and fall, color your feeling:



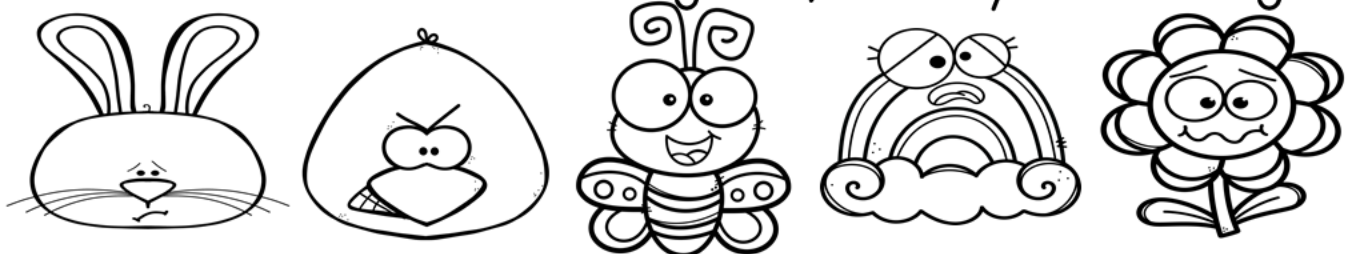
You get a bad grade, color your feeling:



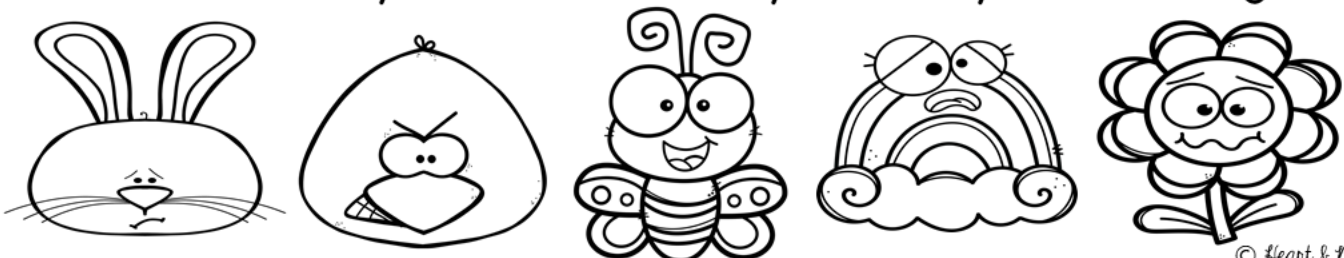
You don't get invited to a party, color your feeling:



Someone else is feeling sad, color your feeling:



You break your favorite toy, color your feeling:

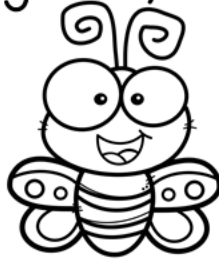


COLOR *the* Feelings

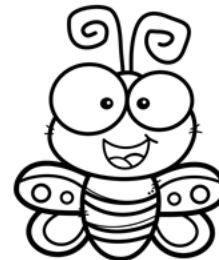
Happy=Green Sad=Blue

Angry=Red Worried=Yellow Scared=Purple

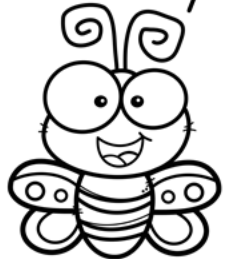
You lose at a game, color your feeling:



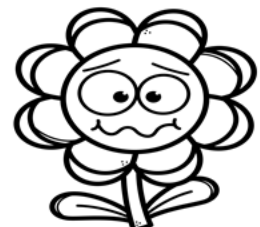
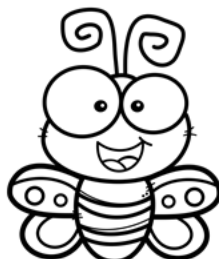
You get the lead role in the school play, color your feeling:



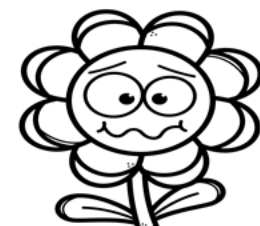
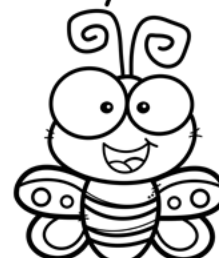
Your parent is upset with you, color your feeling:



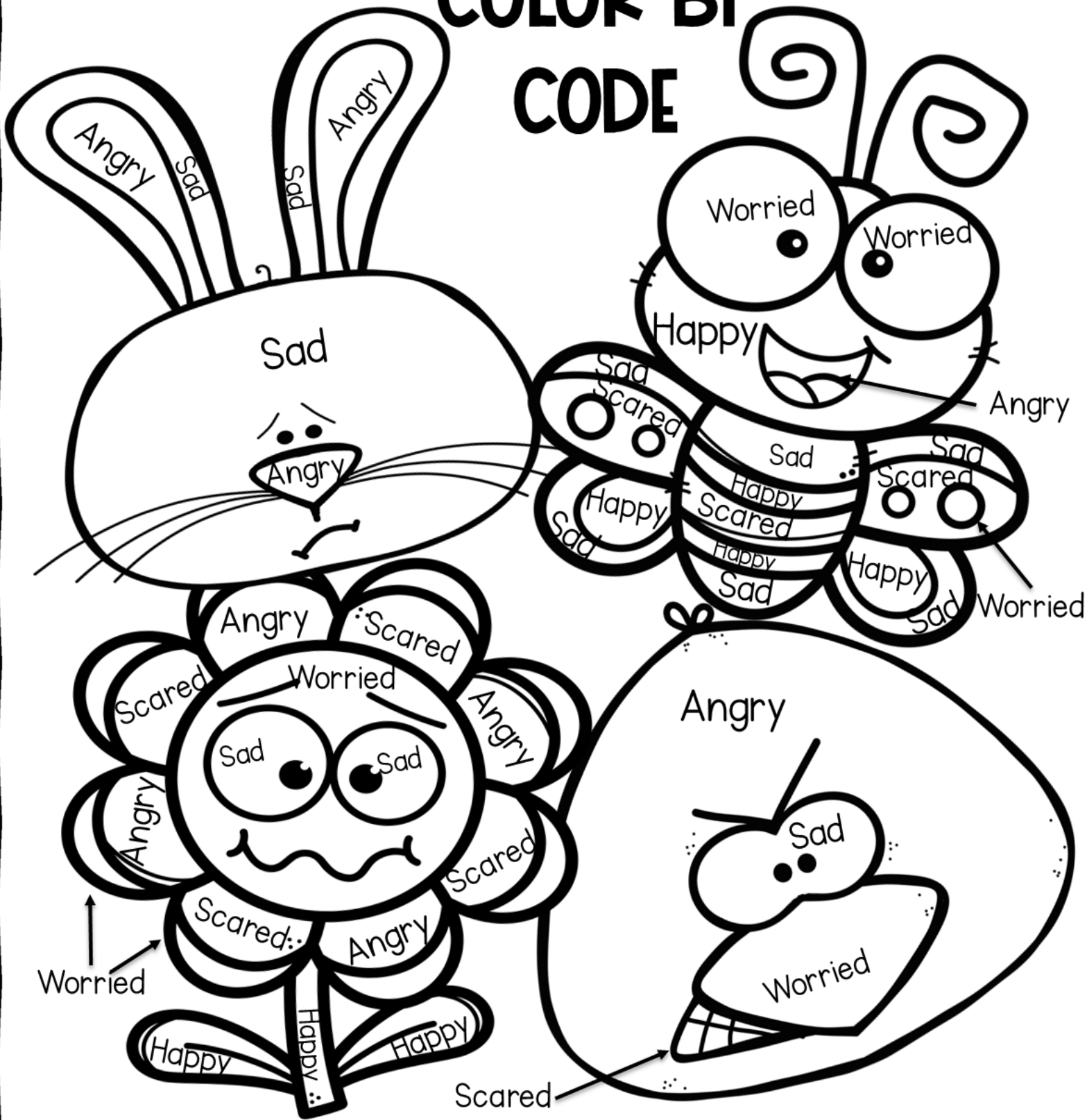
Someone takes your pencil without asking, color your feeling:



Someone laughs at you, color your feeling:



COLOR BY CODE



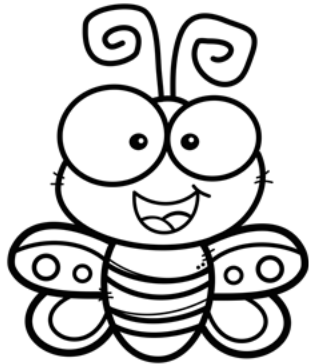
Find the word and color it using the key below:

Happy=Green	Sad=Blue	
Angry=Red	Worried=Yellow	Scared=Purple

COLOR the Feelings



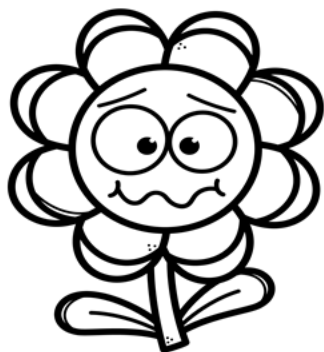
Sad



Happy



Scared



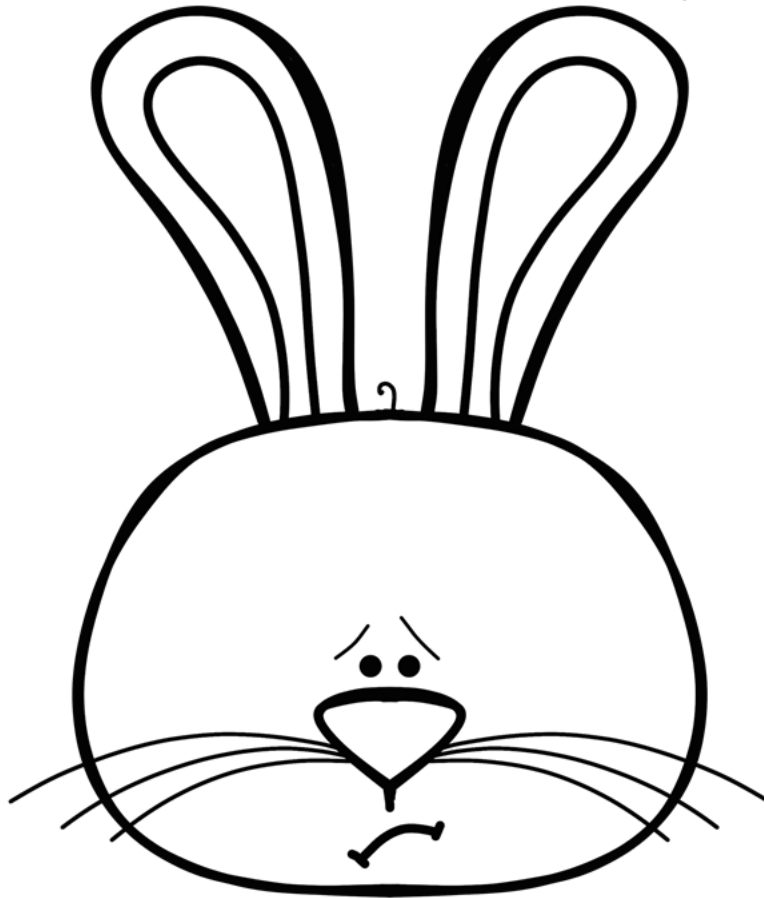
Worried



Angry

SAD Feelings

Color the sad bunny.



What do you notice about the way the bunny looks?

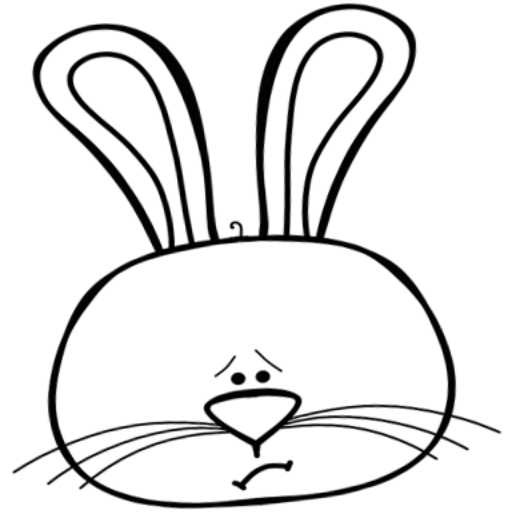
How do you feel when you are sad?

What makes you feel sad?

SAD Feelings

Sad looks like:

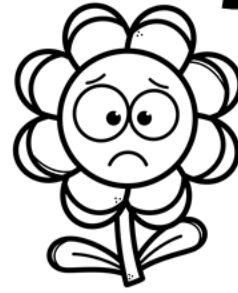
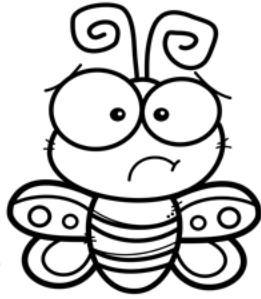
Feeling unhappy or upset.



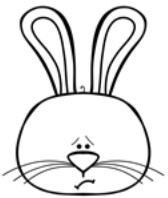
Sad sounds like:

Sad feels like:

SAD Feelings



Draw what sad looks like to you:

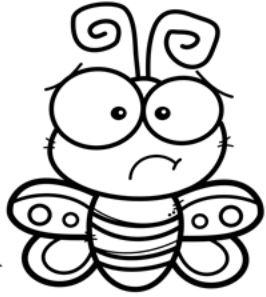


Draw something that makes you sad:



Draw something that helps you feel better when sad:

SAD Feelings



These are some things that can help when you feel sad, color the ones you would use:



Talk about it.



Listen to music.



Make a list of what you are grateful for.



Write in a journal or diary.



Hug a stuffed animal.



Take a break.



Draw your feelings.



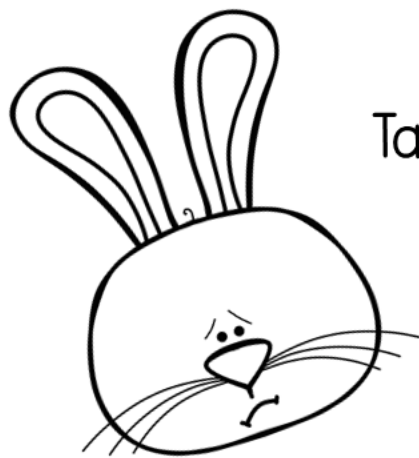
Think about things that make you feel happiness.



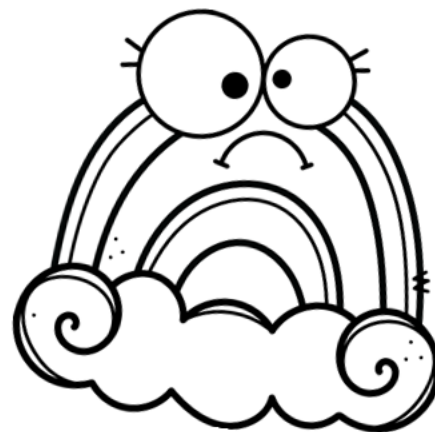
Do something that makes you happy.

SAD Feelings

These are some things that can help when you feel sad:



Talk about it.



Listen to music.

Make a list of what you are grateful for.



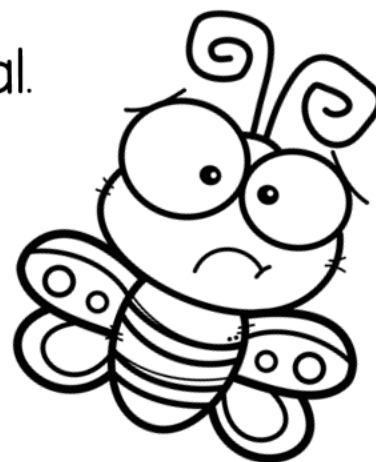
Write in a journal or diary.

Hug a stuffed animal.



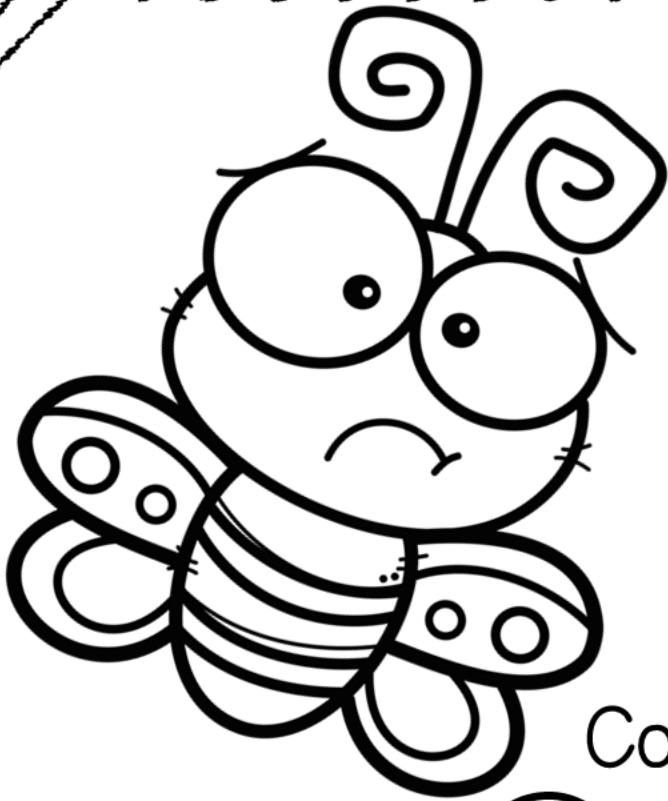
Call a friend.

Draw your feelings.



Do something that makes you happy.

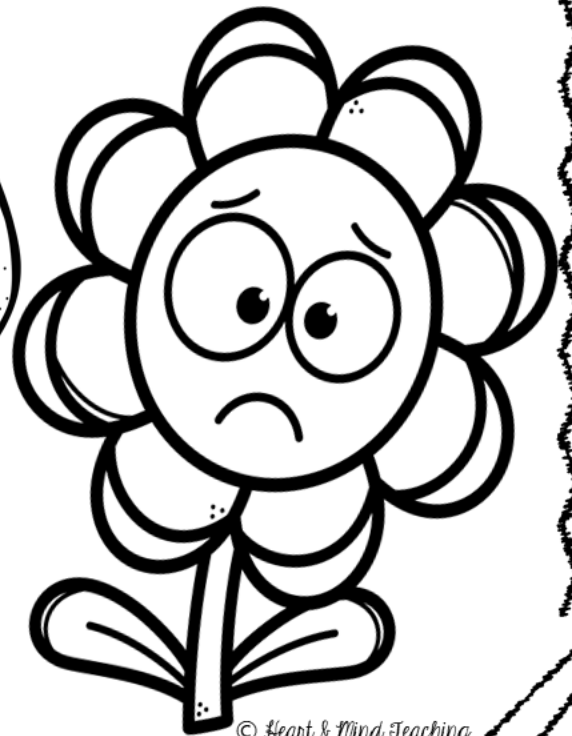
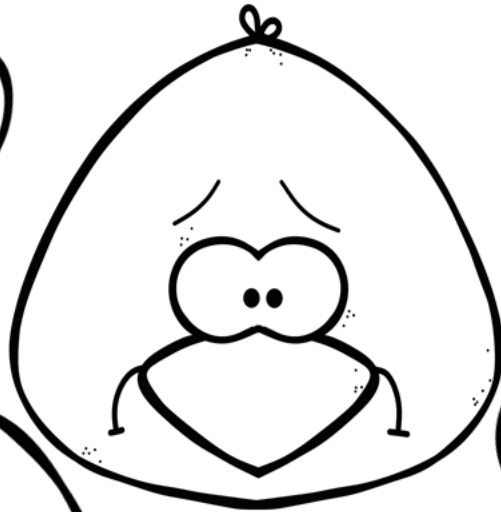
Think about things that make you feel happiness.



Color the

SAD

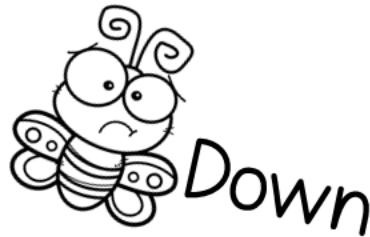
feelings.



Similar words for

SAD

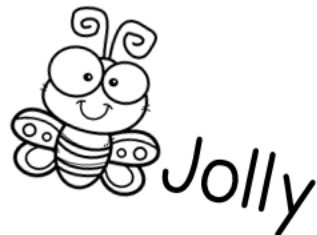
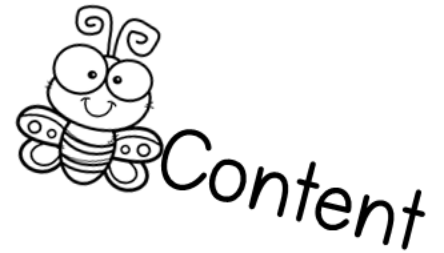
(Synonyms)



Opposite words for

SAD

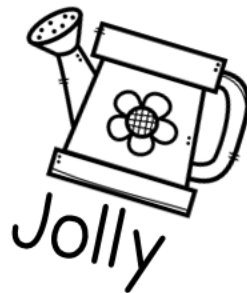
(Antonyms)



SAD

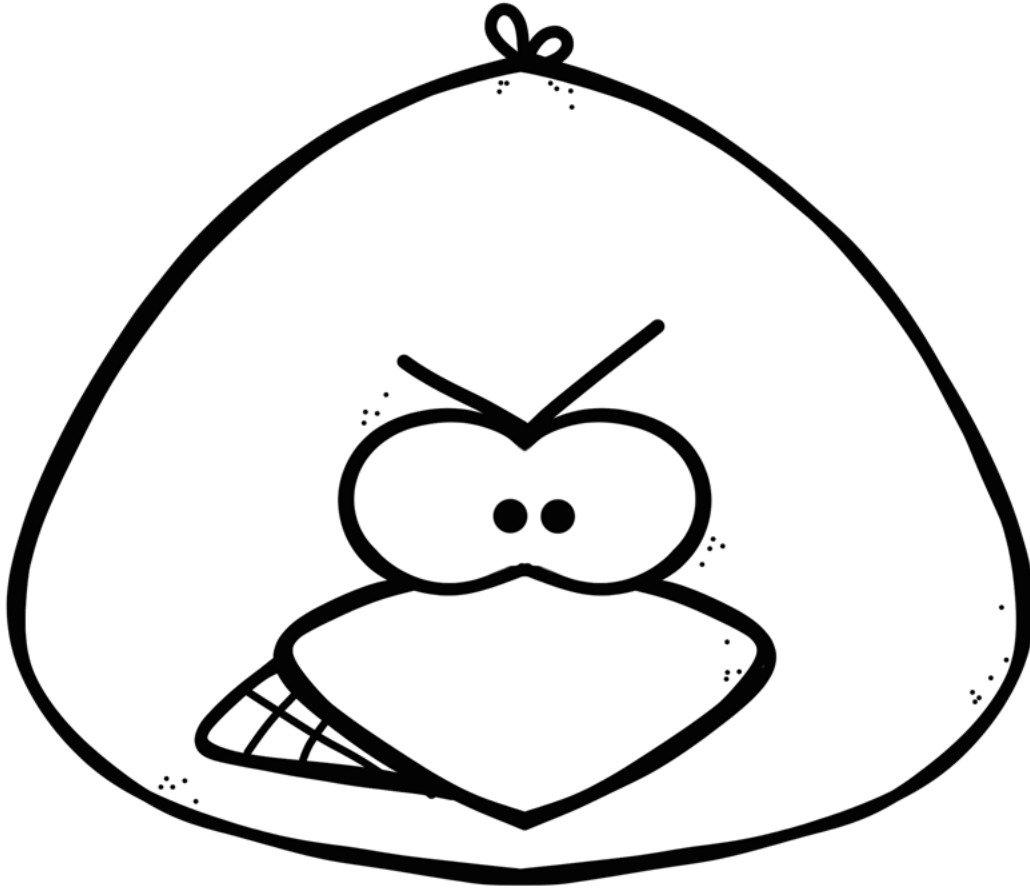
Synonyms & Antonyms

Color the Similar words for Sad: Blue
Color the Opposite words for Sad: Green



ANGRY Feelings

Color the angry chick.



What do you notice about the way the chick looks?

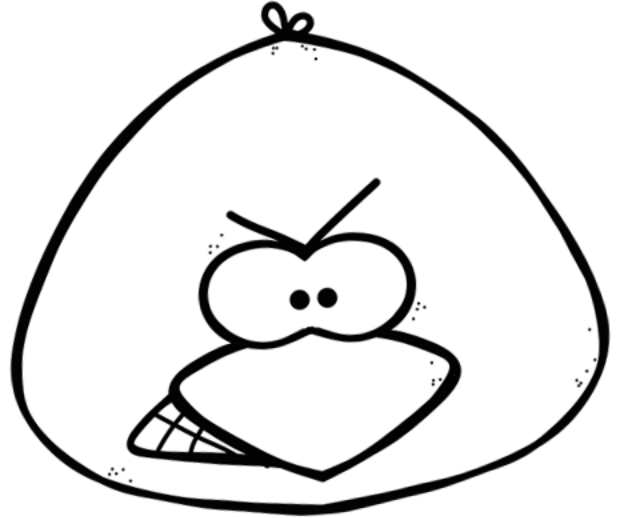
How do you feel when you are angry?

What makes you feel angry?

ANGRY Feelings

Angry looks like:

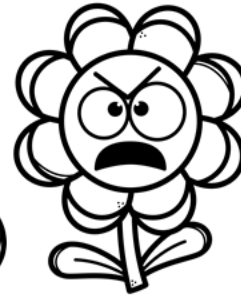
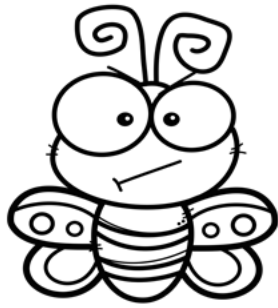
Feeling strongly displeased.



Angry sounds like:

Angry feels like:

ANGRY Feelings



Draw what anger looks like to you:

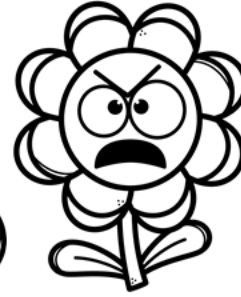
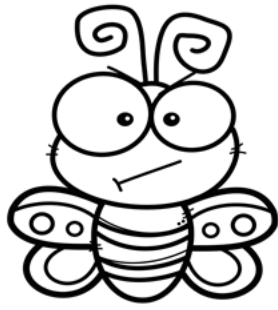
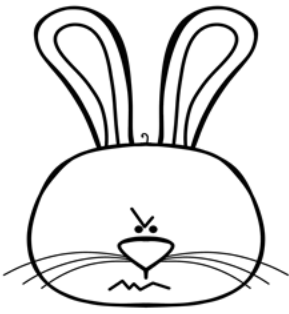


Draw something that makes you angry:



Draw something that helps you feel better when angry:

ANGRY Feelings



These are some things that can help when you feel angry, color the ones you would use:



Listen to calming music.



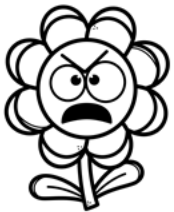
Talk about it.



Get up and move or exercise.



Write in a journal or diary.



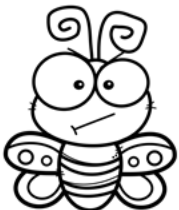
Hug a loved one.



Take a break.



Think happy thoughts.



Take slow deep breaths.



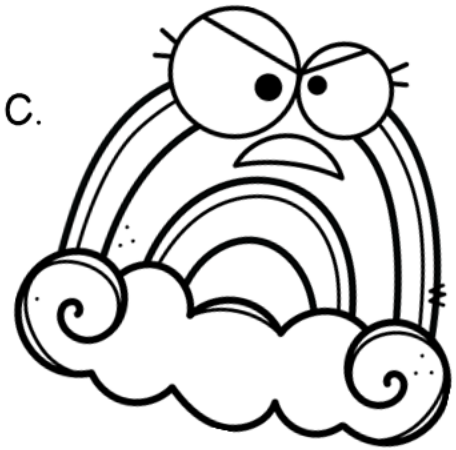
Count to 10.

ANGRY Feelings

These are some things that can help when you feel angry:

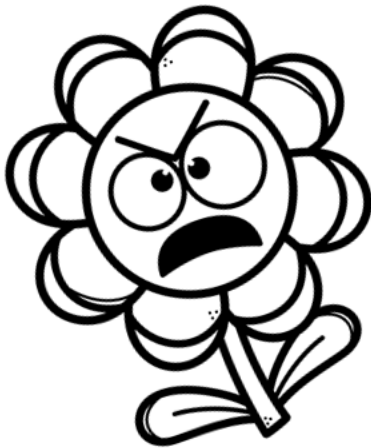


Listen to calming music.



Talk about it.

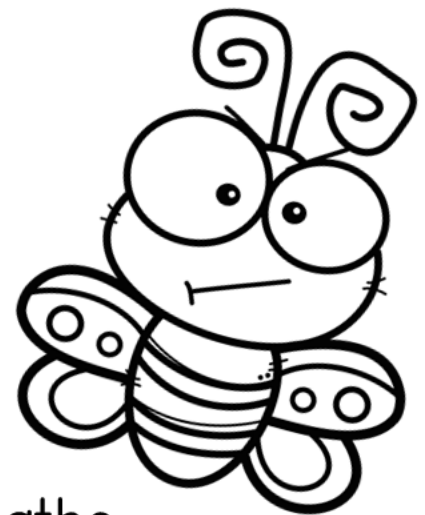
Get up and move or exercise.



Write in a journal or diary.

Hug a loved one.

Take a break.

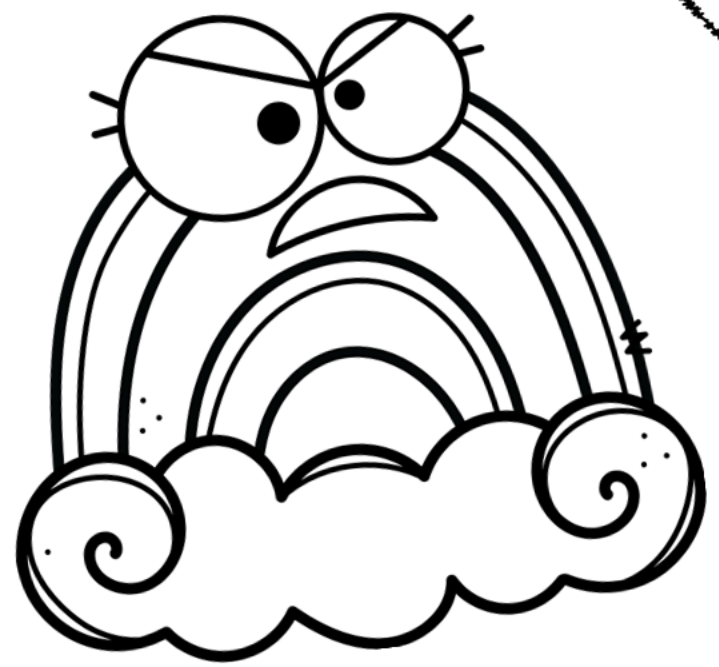
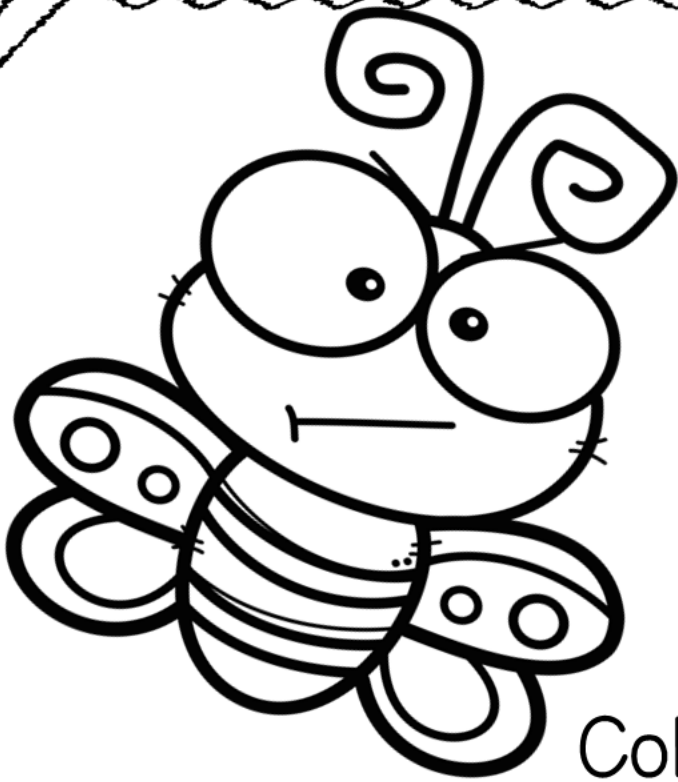


Think happy thoughts.

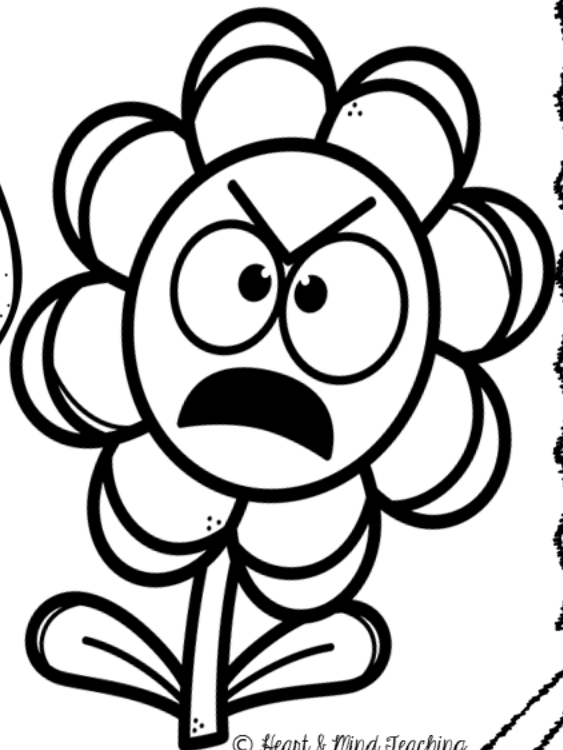
Take slow deep breaths.



Count to 10.



Color the
ANGRY
feelings.



Similar words for

ANGRY

(Synonyms)



Fuming



Furious



Heated



Irritated



Displeased



Frustrated



Enraged



Annoyed

Opposite words for

ANGRY

(Antonyms)



Happy



Content



Calm



Peaceful



Cheerful



Mild



Cool

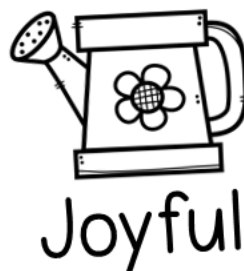
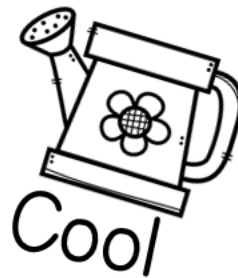


Joyful

ANGRY

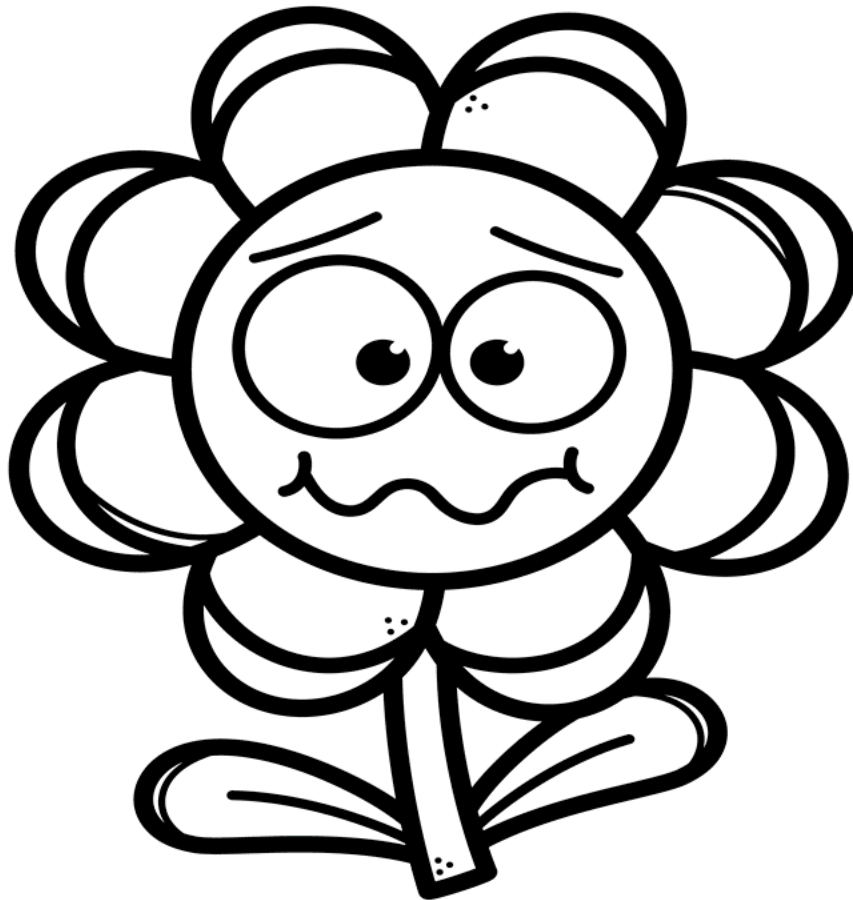
Synonyms & Antonyms

Color the Similar words for Angry: Red
Color the Opposite words for Angry: Green



WORRIED Feelings

Color the worried flower.



What do you notice about the way the flower looks?

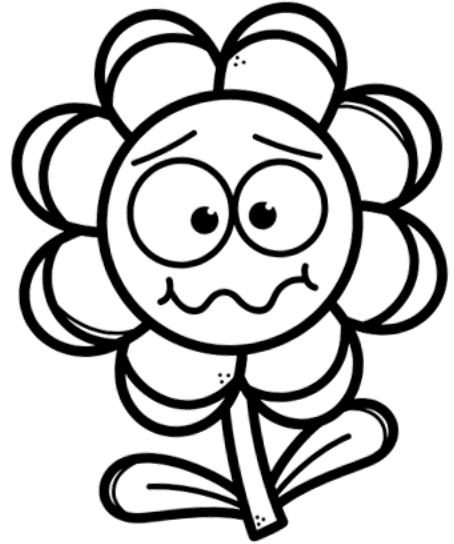
How do you feel when you are worried?

What makes you feel worried?

WORRIED feelings

Worried looks like:

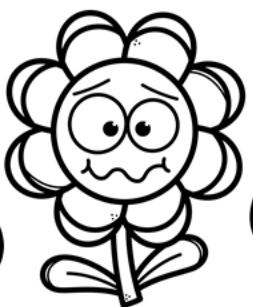
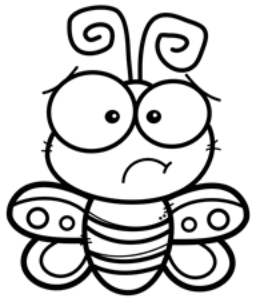
Feeling concerned about
what might happen.



Worried sounds like:

Worried feels like:

WORRIED Feelings



Draw what worried looks like to you:

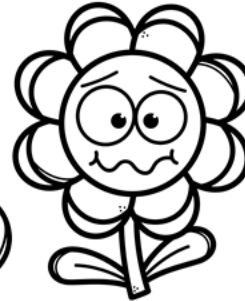


Draw something that makes you worried:



Draw something that helps you feel better when worried:

WORRIED Feelings



These are some things that can help when you feel worried, color the ones you would use:



Take a break.



Squeeze a stress ball.



Take slow deep breaths.



Write about it in a journal or diary.



Practice Yoga.



Talk about it.



Ask for help.



Tell yourself a positive affirmation.



Visualize a peaceful place.

WORRIED Feelings

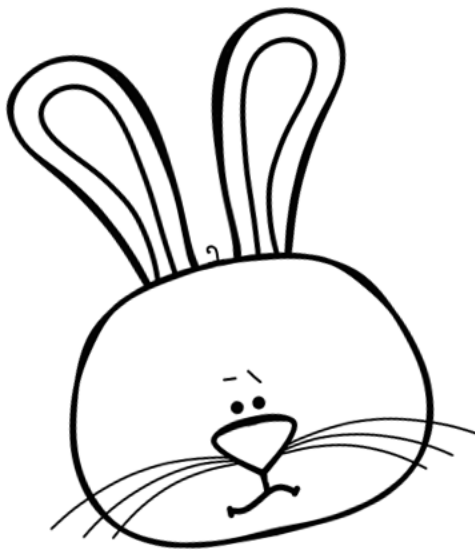
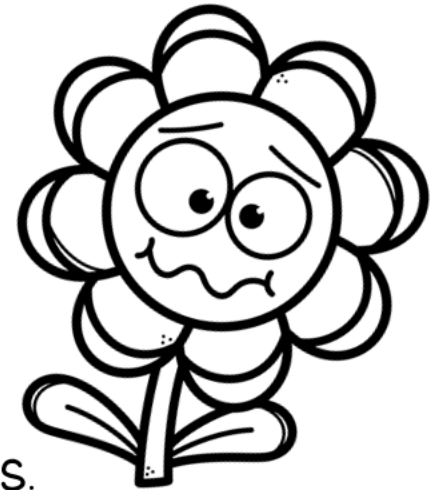
These are some things that can help when you feel worried:



Take a break.

Squeeze a stress ball.

Take slow deep breaths.

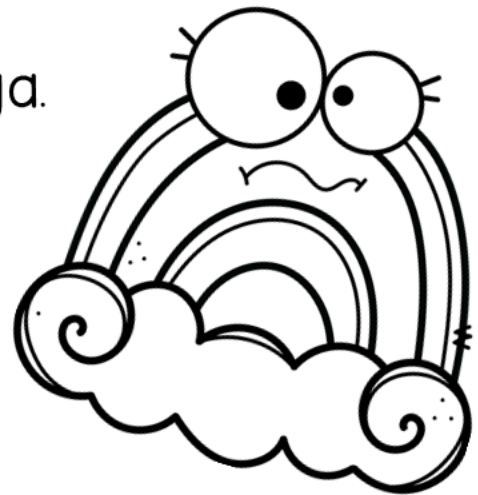


Write about in a journal
or diary.

Practice Yoga.

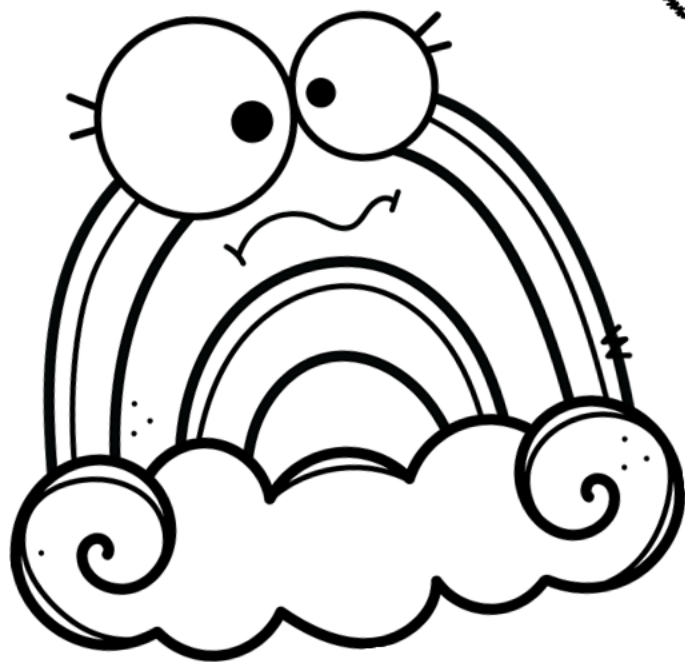
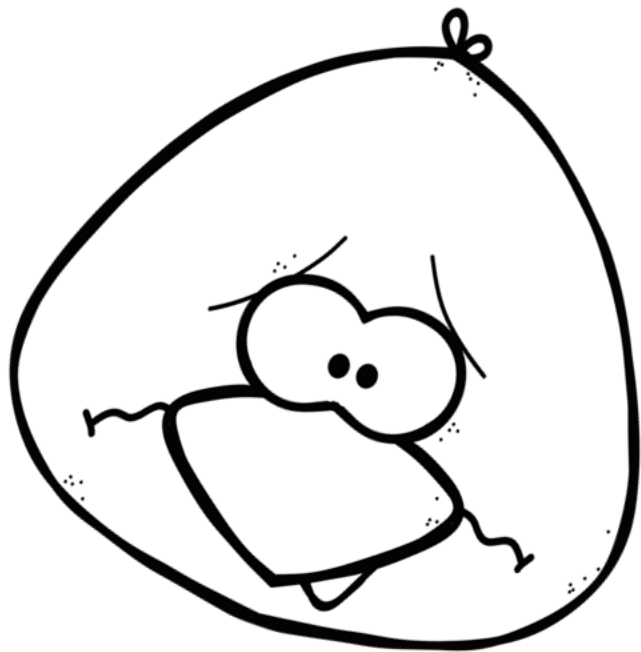
Ask for help.

Talk about it.

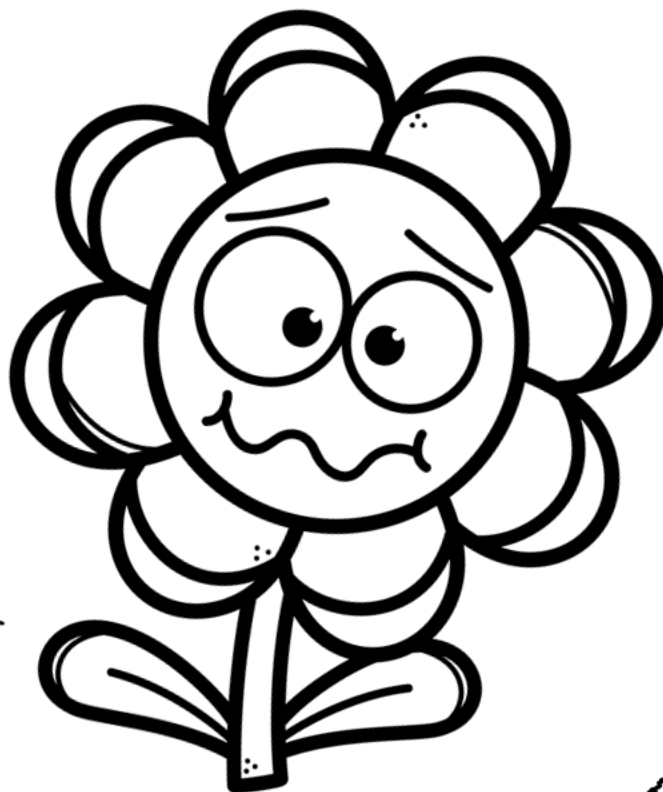
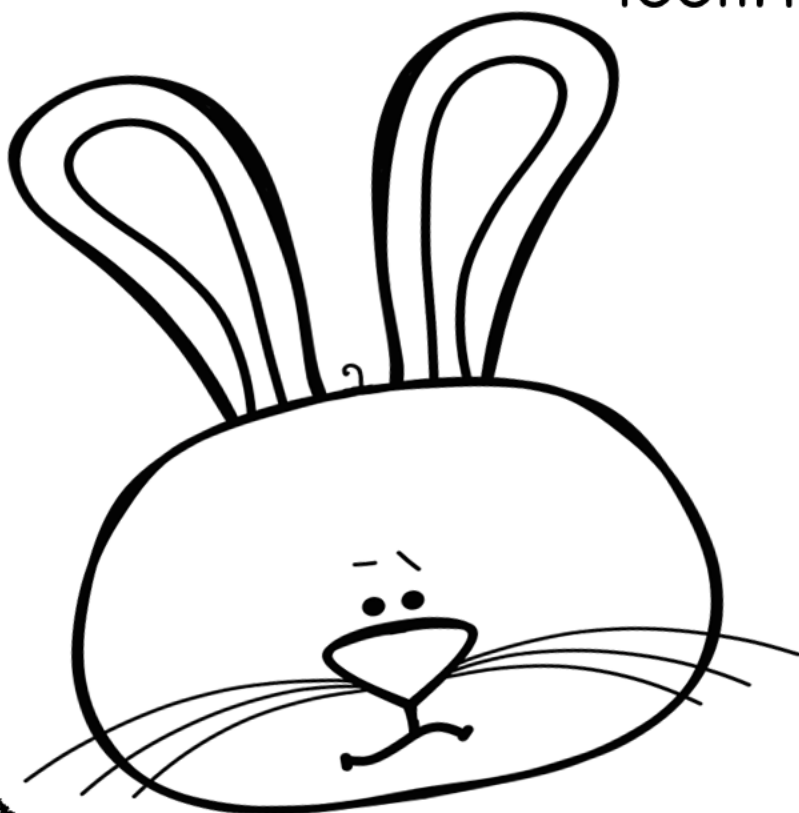


Tell yourself a positive affirmation.

Visualize a peaceful place.



Color the
WORRIED
feelings.



Similar words for

WORRIED

(Synonyms)



Anxious



Nervous



Tense



Distressed



Distraught



Apprehensive



Uneasy



Uptight

Opposite words for

WORRIED

(Antonyms)



Happy



Content



Calm



Peaceful



Untroubled



Comforted



Cool



Relaxed

WORRIED

Synonyms & Antonyms

Color the Similar words for Worried: Yellow
Color the Opposite words for Worried: Green



Nervous



Anxious



Calm



Uneasy



Cool



Happy



Distraught



Peaceful



Content



Comforted



Distressed



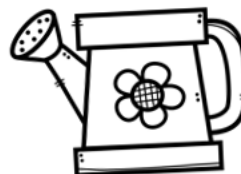
Uptight



Apprehensive



Tense



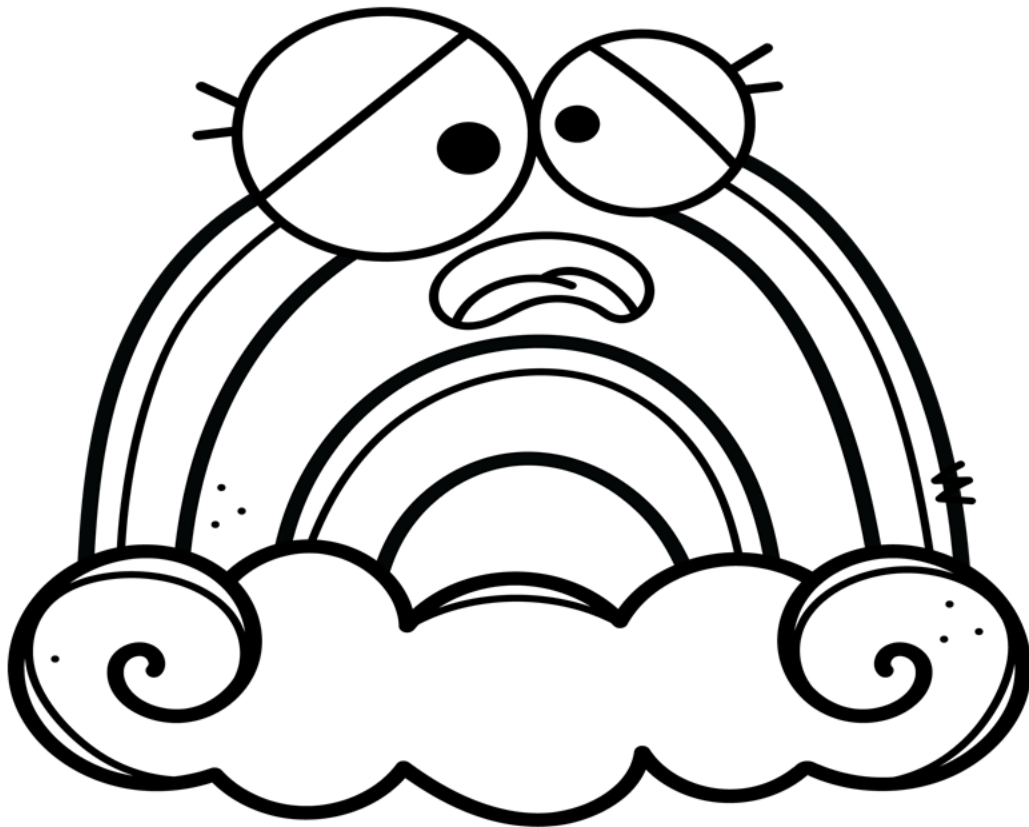
Relaxed



Uneasy

SCARED Feelings

Color the scared rainbow.



What do you notice about the way the rainbow looks?

How do you feel when you are scared?

What makes you feel scared?

SCARED Feelings

Scared looks like:

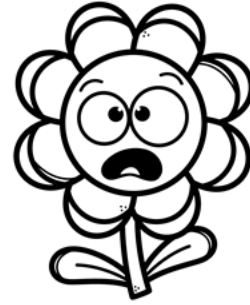
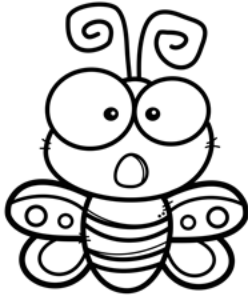
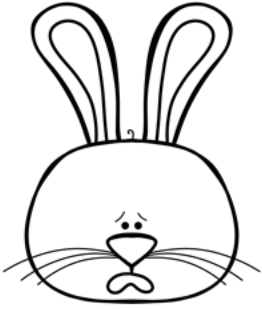
Feeling afraid or fearful.



Scared sounds like:

Scared feels like:

SCARED Feelings



Draw what scared looks like to you:

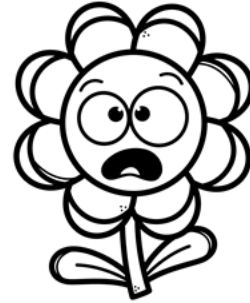
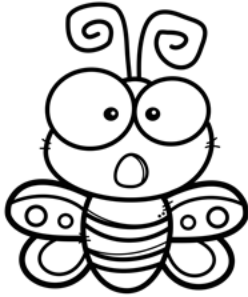
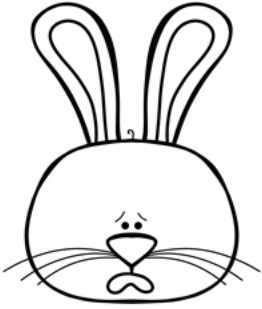


Draw something that makes you scared:



Draw something that helps you feel better when scared:

SCARED Feelings



These are some things that can help when you feel scared, color the ones you would use:



Write in a journal or diary.



Think about the people who love and protect you.



Talk about it.



Think about the fear and if it is justified.



Hug a stuffed animal.



Ask for help.



Think about how strong and capable you are.



Distract yourself with an activity.



Think about ways to overcome the fear.

SCARED Feelings

These are some things that can help when you feel scared:

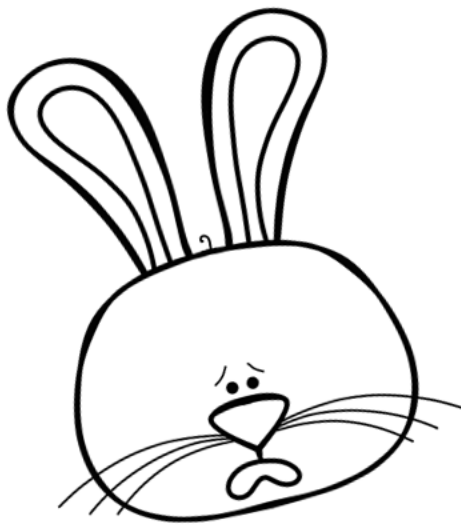


Write or draw in a journal.

Think about the people who love and protect you.



Think about the fear and if it is justified.



Talk about it.

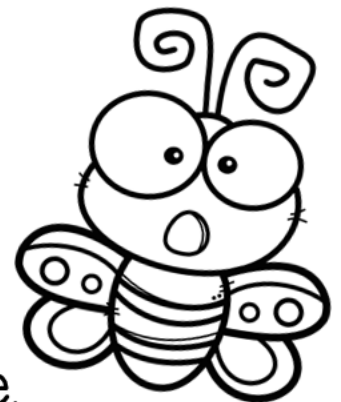
Hug a stuffed animal.



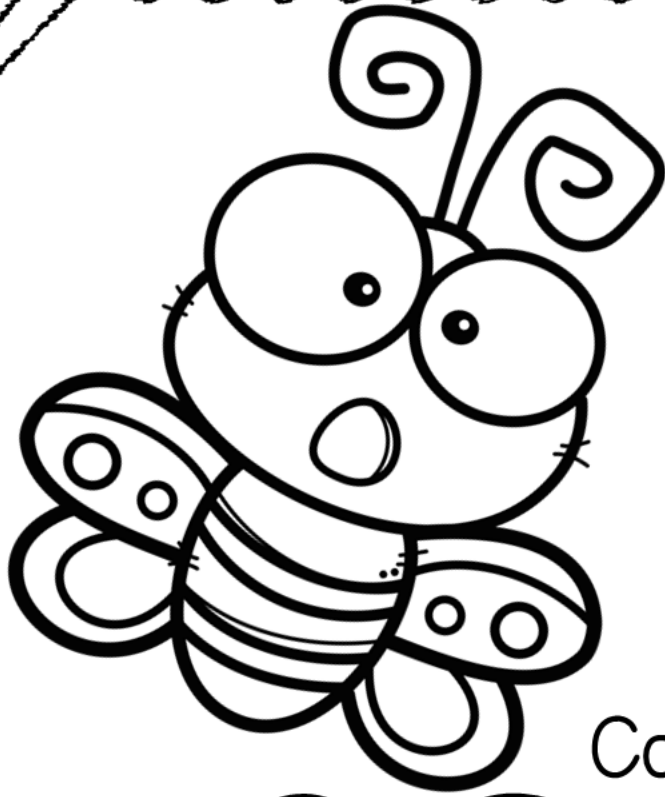
Ask for help.

Distract yourself with an activity.

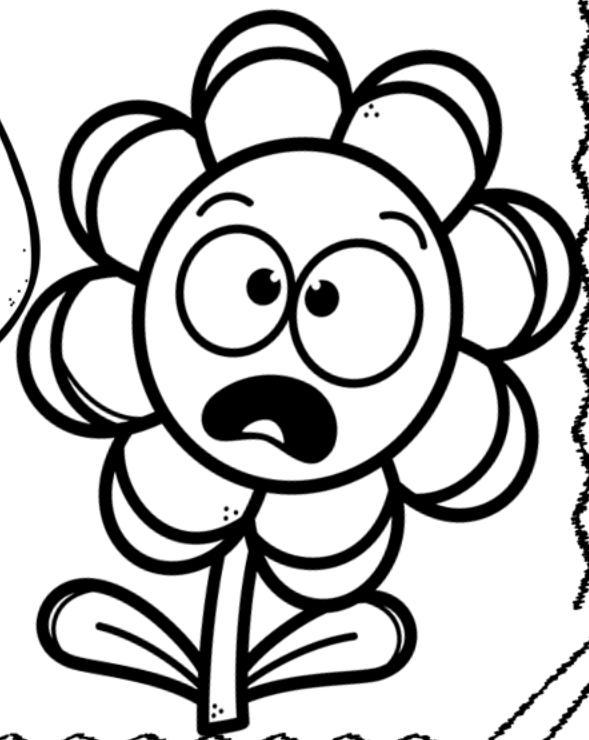
Think about how strong and capable you are.



Think about ways to overcome the fear.



Color the
SCARED
feelings.



Similar words for

SCARED



Anxious

(Synonyms)



Fearful



Afraid



Panicked



Terrified



Shaken



Startled



Petrified

Opposite words for

SCARED

(Antonyms)



Cool



Unafraid



Calm



Brave



Courageous



Confident



Fearless



Relaxed

SCARED

Synonyms & Antonyms

Color the Similar words for Scared: **Purple**

Color the Opposite words for Scared: **Green**



Terrified



Anxious



Calm



Afraid



Panicked



Petrified



Startled



Brave



Fearless



Unafraid



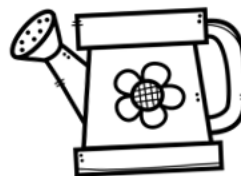
Shaken



Confident



Cool



Relaxed

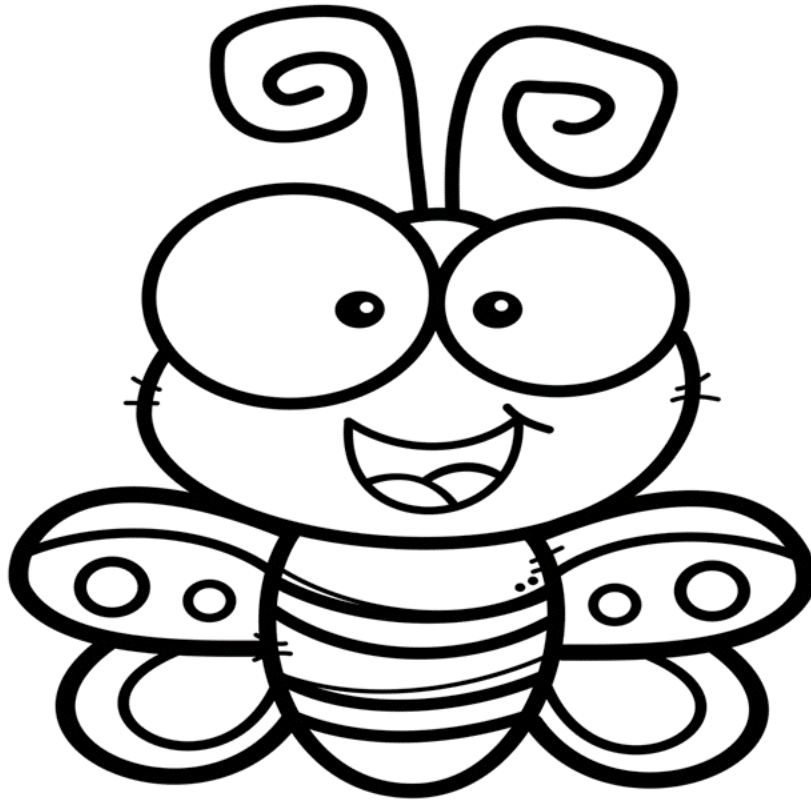


Fearful

Courageous

HAPPY Feelings

Color the happy butterfly.



What do you notice about the way the butterfly looks?

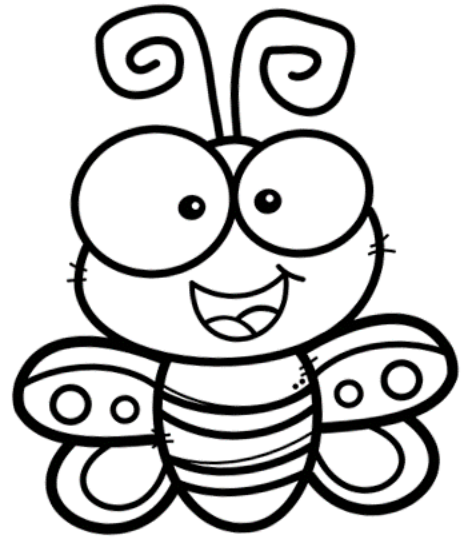
How do you feel when you are happy?

What makes you feel happy?

HAPPY Feelings

Happy looks like:

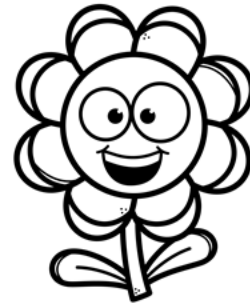
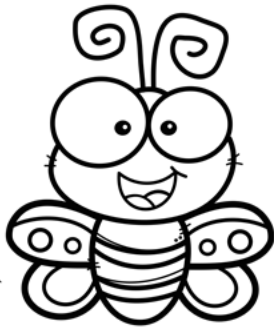
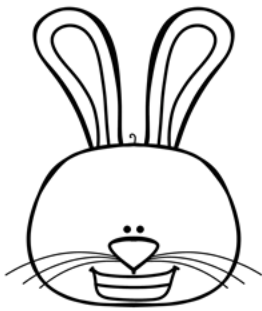
Feeling joyful and pleased.



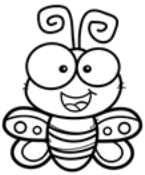
Happy feels like:

Happy sounds like:

HAPPY Feelings



Draw what happy looks like to you:

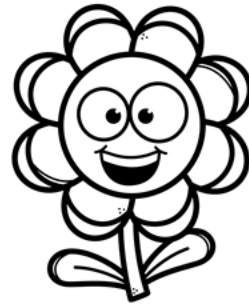
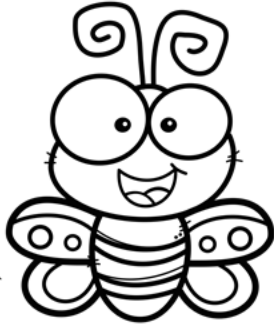
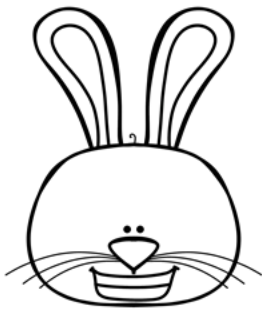


Draw something that makes you happy:



Draw a memory that makes you feel happiness:

HAPPY Feelings



These are some things that can make people feel happy, color the ones that would make you happy:



Getting a hug.



Being given a compliment.



Playing something fun.



Spending time with loved ones.



Talking to someone who cares.



Doing something artistic.



Helping others.



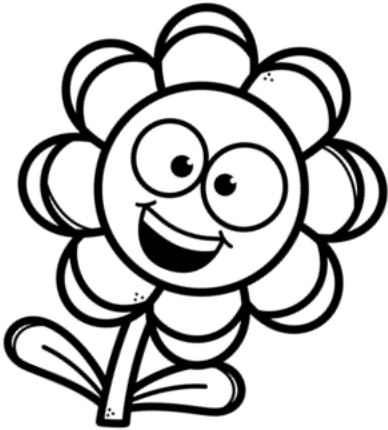
Listening to jokes.



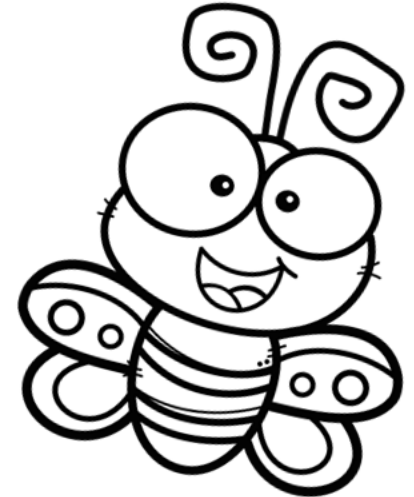
Getting an award or recognition.

HAPPY Feelings

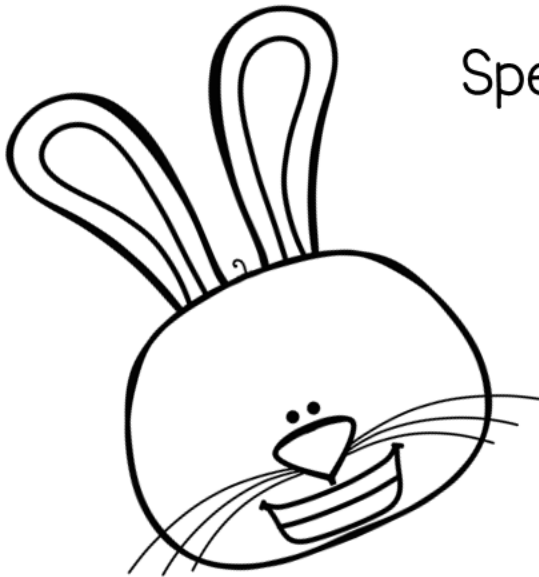
These are some things that can help you feel happy:



Getting a hug.



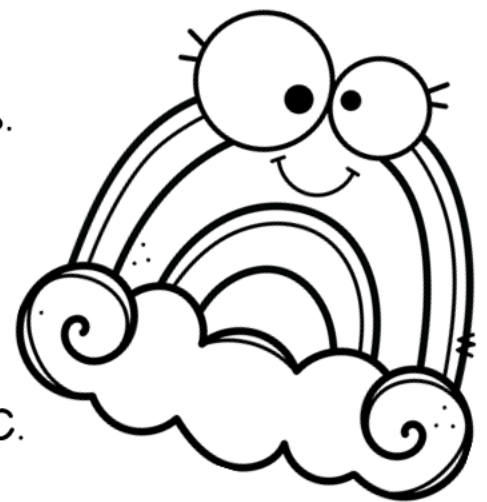
Being given a compliment.



Spending time with loved ones.

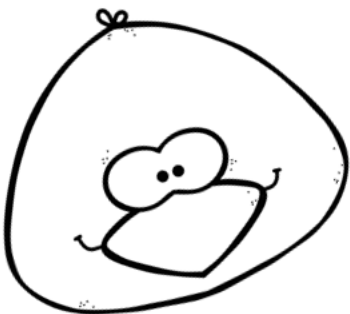
Playing something fun.

Helping others.



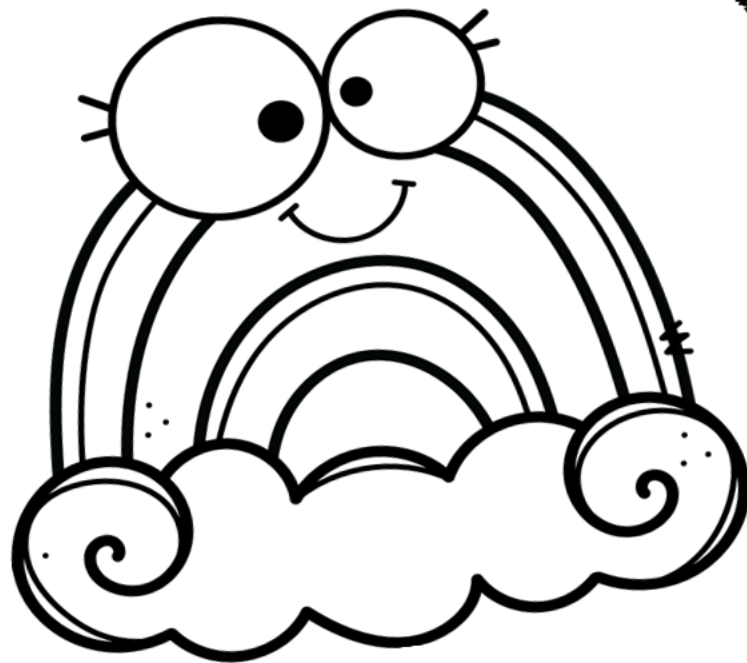
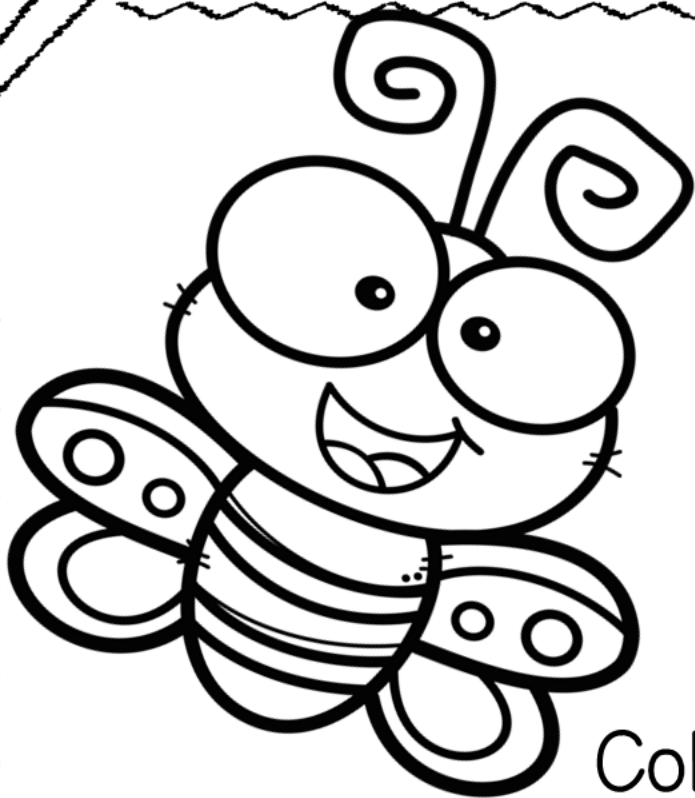
Listening to jokes.

Doing something artistic.



Getting an award or recognition.

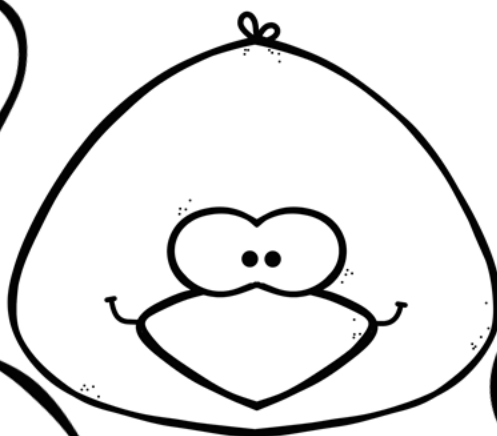
Talking to someone who cares.



Color the

HAPPY

feelings.



Similar words for

HAPPY

(Synonyms)



Blissful



Pleased



Merry



Ecstatic



Cheerful



Jolly



Glad



Joyful

Opposite words for

HAPPY

(Antonyms)



Sad



Upset



Angry



Serious



Displeased



Miserable



Hopeless



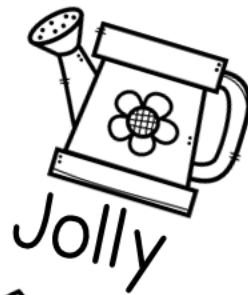
Annoyed

HAPPY

Synonyms & Antonyms

Color the Similar words for Happy: Green

Color the Opposite words for Happy: Blue



GOOGLE SLIDES

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource.

1 Click here  [Color the Feelings: Spring Edition](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says “Make a copy” and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 From here, you should see a grey box that says “Students can view file.” Click the grey box. A dropdown menu should appear. Select, “Make a copy for each student.”

YOU HAVE TO MAKE A COPY FOR EACH STUDENT!

Otherwise, they will all be editing the same file.

Click “Assign” in the top right corner if you’re ready to post!

This product is meant to be used in “edit” mode (not “presentation” mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)



Thank you for supporting my little shop!

Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

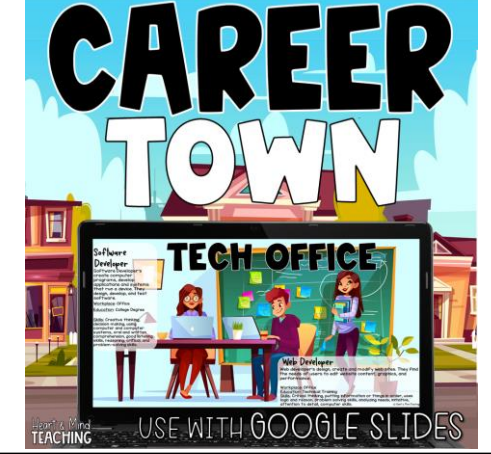
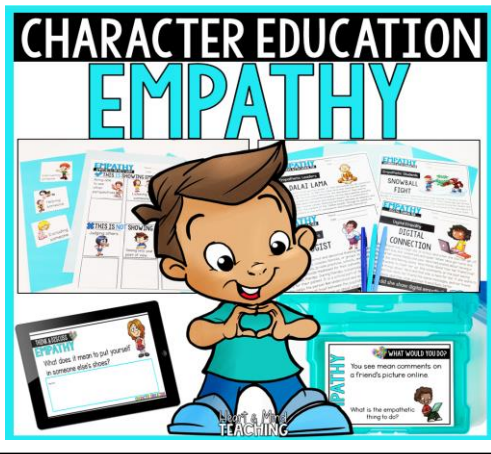
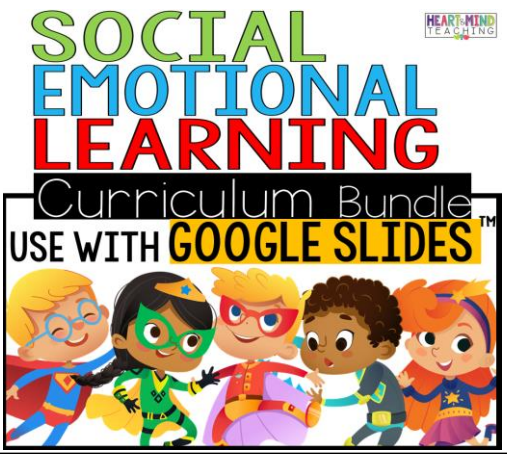
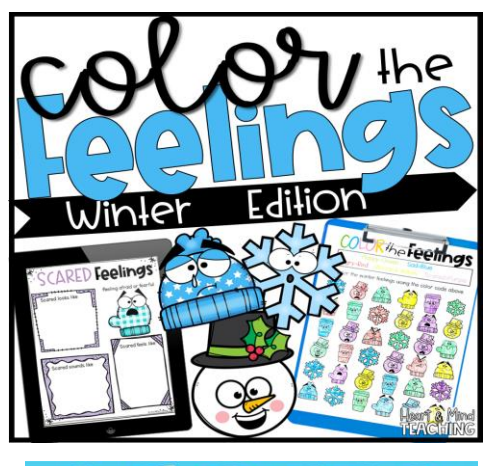
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Questions or Concerns? Please reach out to me at:



Ashley

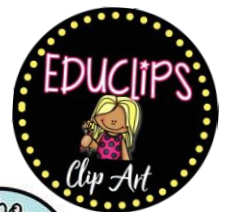
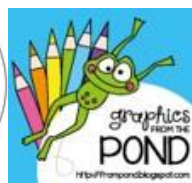
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