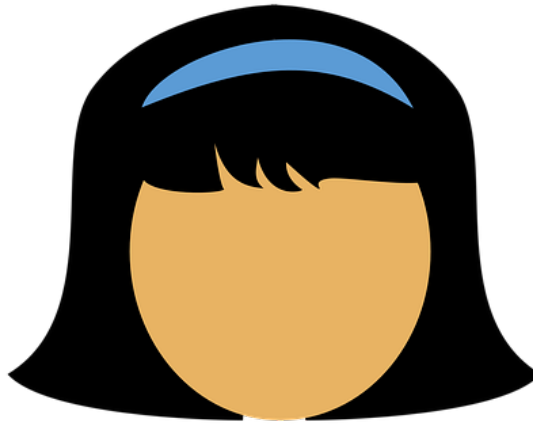


Worksheet 3: Feeling Faces

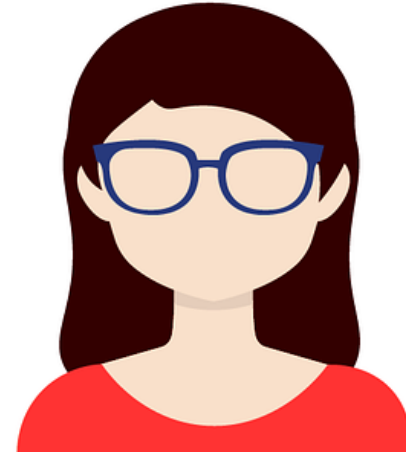
We all have feelings. We show our feelings with our faces by smiling when we are happy and crying when we are sad. Draw your own expressions onto the faces below and label them with the emotions.



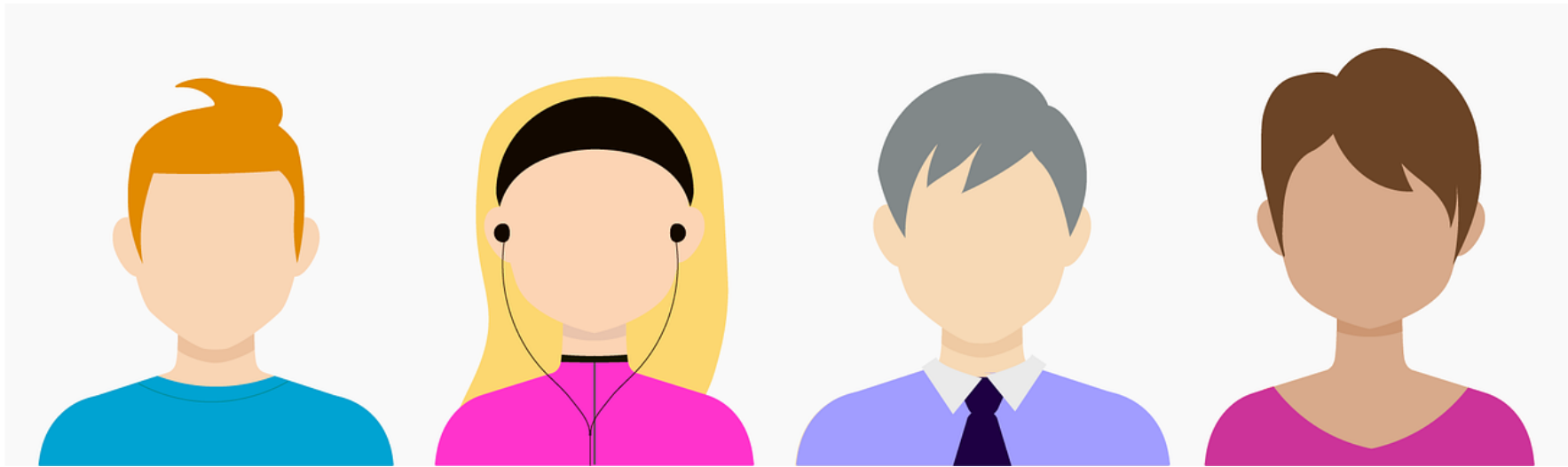
- Happy
- Sad
- Angry
- Scared
- Excited



Draw in the emotions on each face. Write the feeling underneath.



Draw in the emotions on each face. Write the feeling underneath.



Worksheet 4: Awareness Boosting Emotional Regulation

