

COLOR YOUR FEELINGS

Just like a rainbow has many colors, we have many emotions! Talk about all the emotions you have using the Color Your Feelings Rainbow.

1. Find a coloring page you like.
2. Pick a color to use and describe a time you felt the feeling it matches!
3. Ask your friend if they have ever felt that feeling before.
4. Make your own using the blank worksheet.

FEELINGS

yellow = happy

red = angry

pink = hopeful

purple = scared

orange = nervous

green = excited

blue = sad

brown = irritated

FEELINGS

yellow =

red =

pink =

purple =

orange =

green =

blue =

brown =

