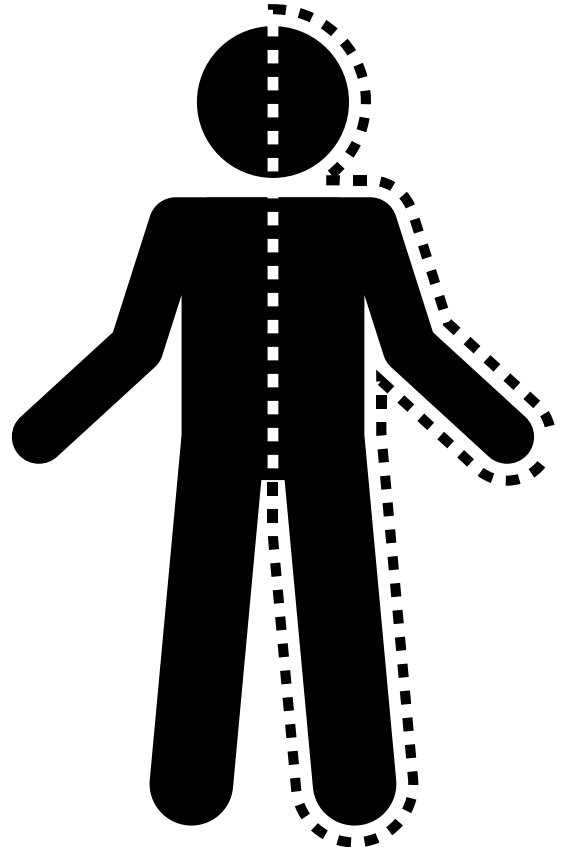


WHERE I FEEL MY EMOTIONS

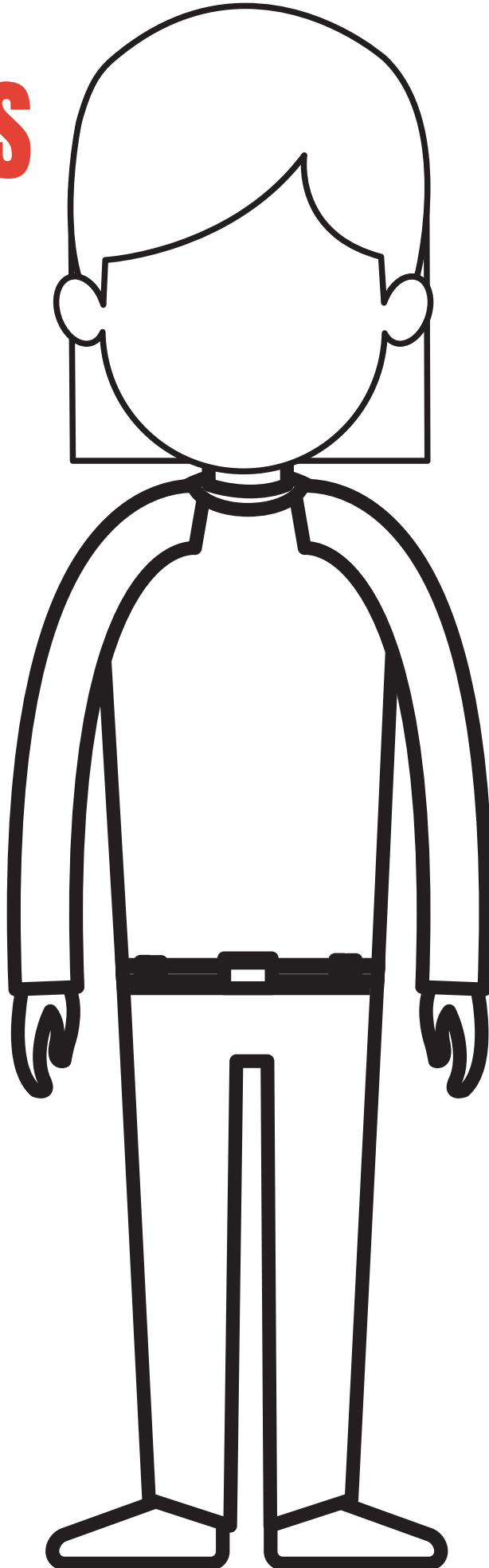
When we feel big emotions, our body feels it too! Our heart might beat fast, our hands might sweat, or we might get a stomach ache. Learn where you feel your emotions using the activity!

1. Print out the activity.
Choose a body outline you like best.
2. Draw the parts of your body that feel big emotions. You might choose to use markers, stickers, or paint dotters.
3. Does your body react the same way to emotions as other people you know?



FEELING EMOTIONS

**COLOR THE SPOTS THAT
YOU FEEL in your body
during big emotions.
WHAT DOES IT LOOK
LIKE?**



FEELING EMOTIONS

**COLOR THE SPOTS THAT
YOU FEEL in your body
during big emotions.
WHAT DOES IT LOOK
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