

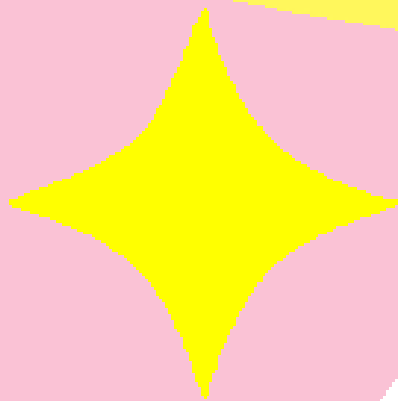
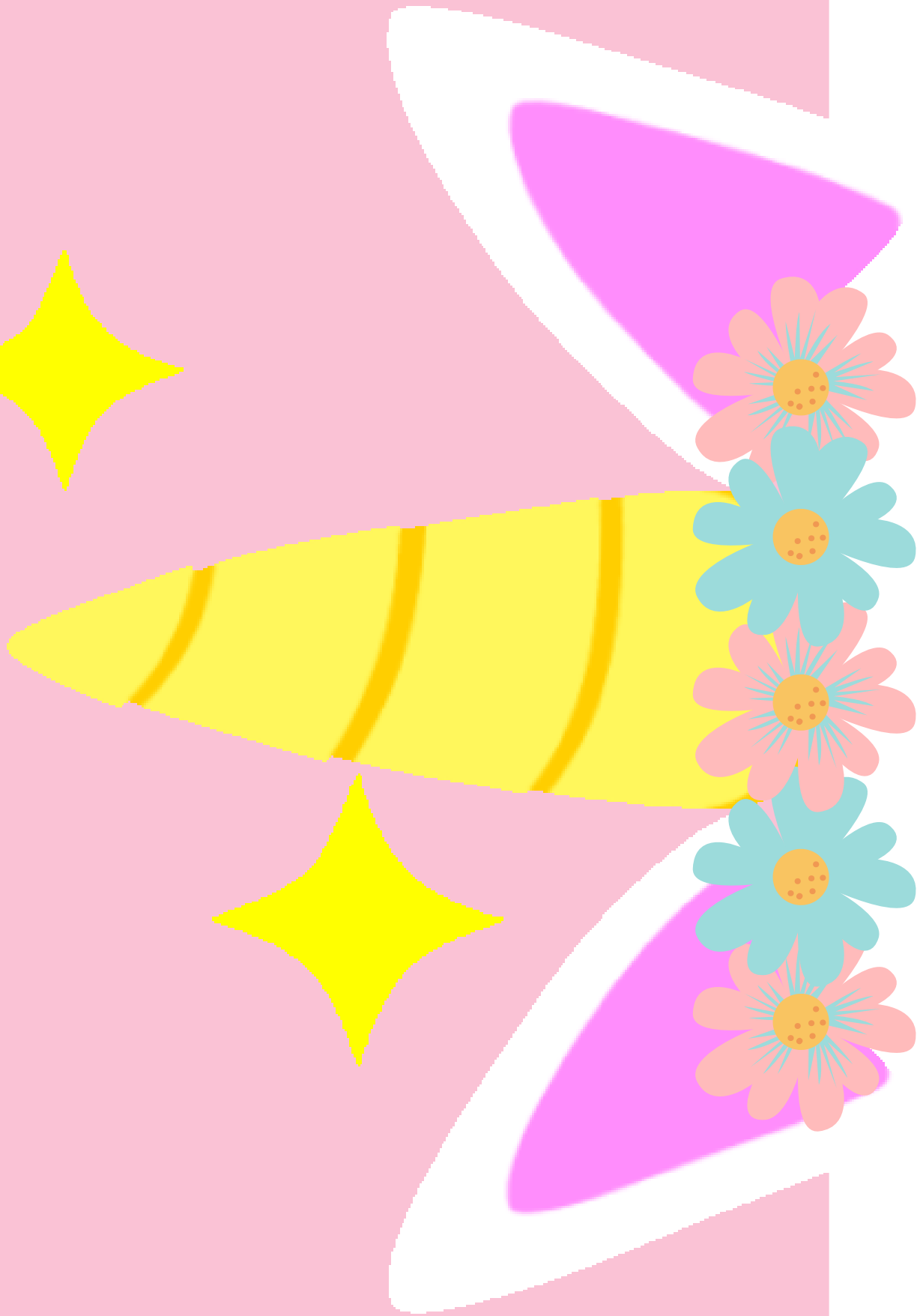
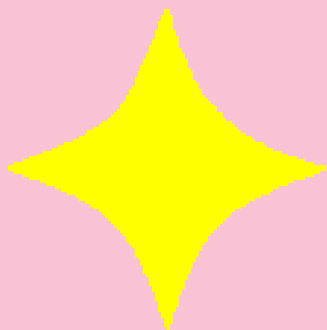
# TRUE & FALSE UNICORN

**Sometimes emotions can be hard to understand! As humans, we feel all sorts of emotions everyday. Play the True & False Unicorn game to learn more about emotions!**

1. Print the True and False stars double sided and make a pile with the sentence facing up.
2. Pick a card from the pile and read it out loud.
3. Figure out if this is a true statement or a false statement.
4. Flip the card over to check if you were right!
5. Glue or tape the star to the Unicorn paper it matches!

Tip - Make it a game! Hang the two unicorn papers on the wall. Throw a paper ball at the unicorn each star matches.





# TRUE & FALSE UNICORN



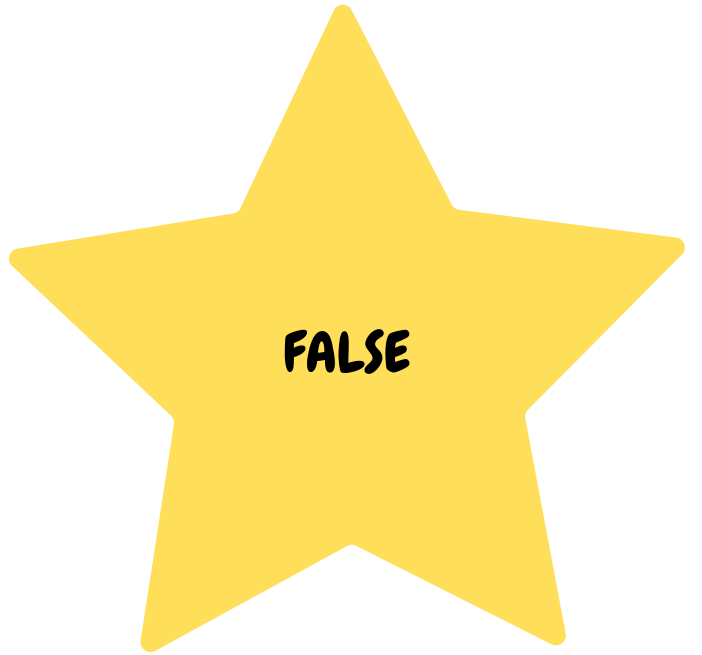
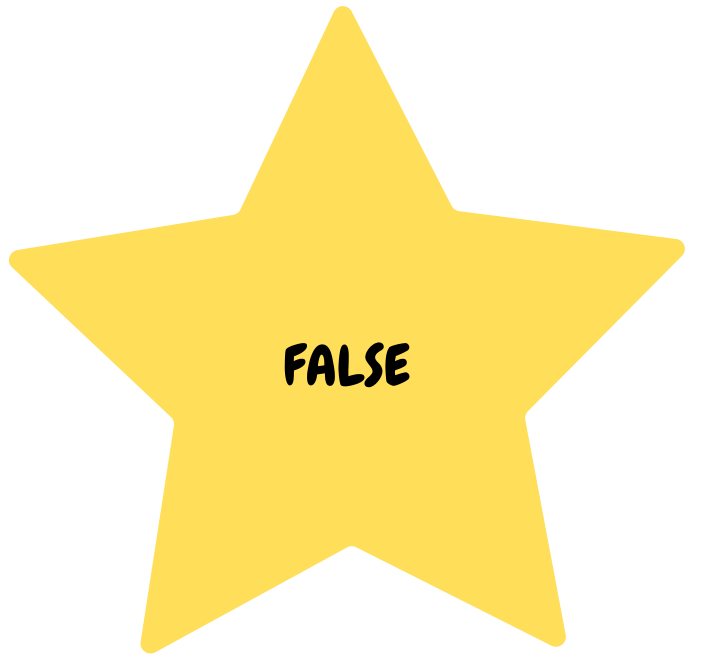
# TRUTH UNICORN




Produced by [KidzCANCoop.com](http://KidzCANCoop.com)

# FALSE UNICORN








**I should never  
tell other  
people how I  
feel.**



**Feeling mad is  
a bad emotion.**




**I can only feel 1  
emotion at a  
time.**



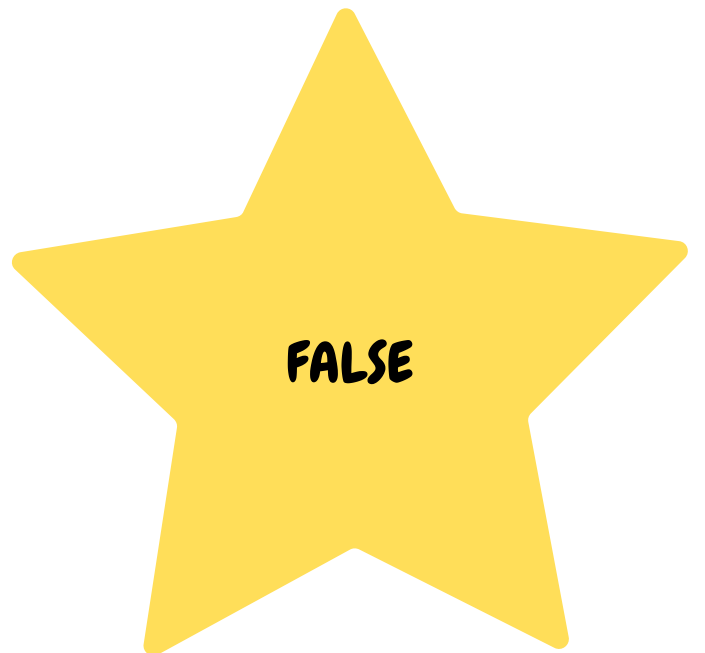
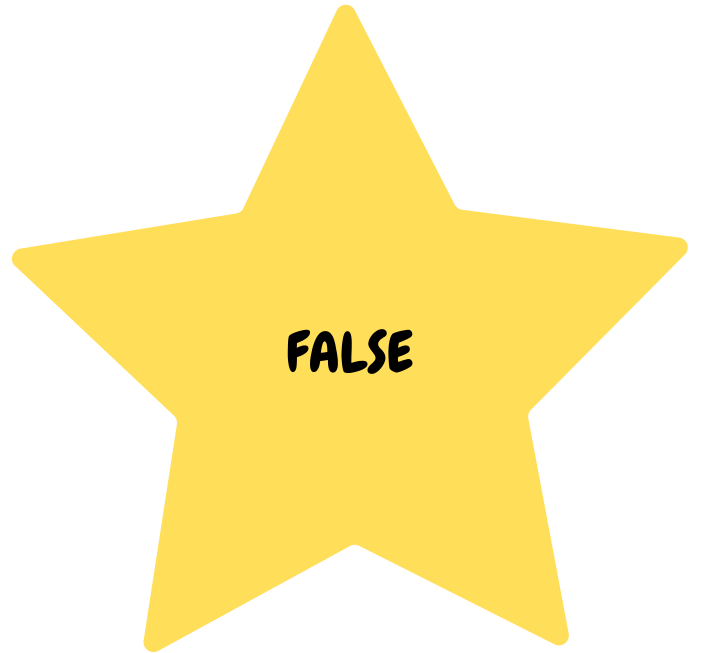
**I should never  
feel mad.**



**It is bad to yell.**




**People know how I  
feel even if I don't  
tell them.**









**I always  
understand my  
emotions.**



**I should keep  
my emotions a  
secret.**



**I will get  
yelled at for  
feeling mad.**



**I should only  
every feel  
happy.**



**Brave people  
never feel  
scared.**



**I should never be  
mad at people I  
love.**





**All emotions  
are good  
emotions.**




**Everyone  
feels mad  
sometimes.**




**Some  
emotions feel  
uncomfortable.**



**I can ask my  
safe people  
for help  
when I am  
mad.**

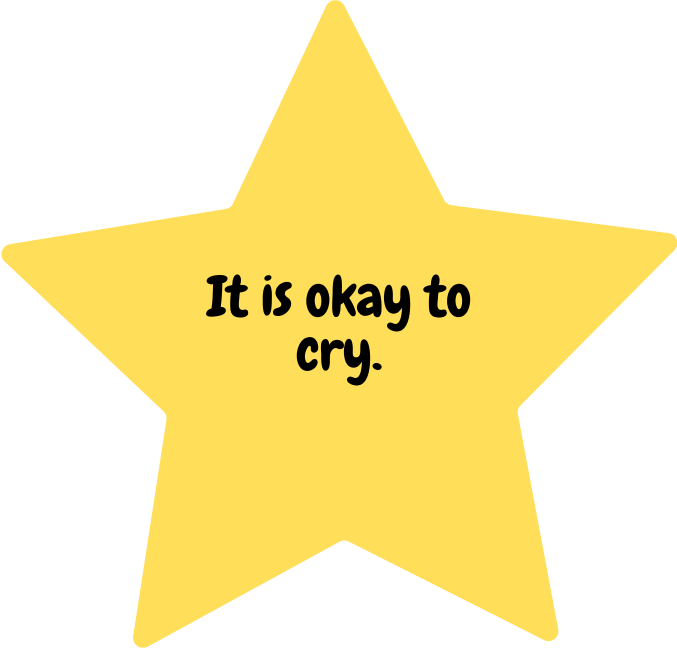


**It is okay to  
take a time out  
when I feel  
big emotions.**



**I am brave  
for sharing  
my emotions.**







**It is okay to  
cry.**



**Emotions look  
different for  
different  
people.**



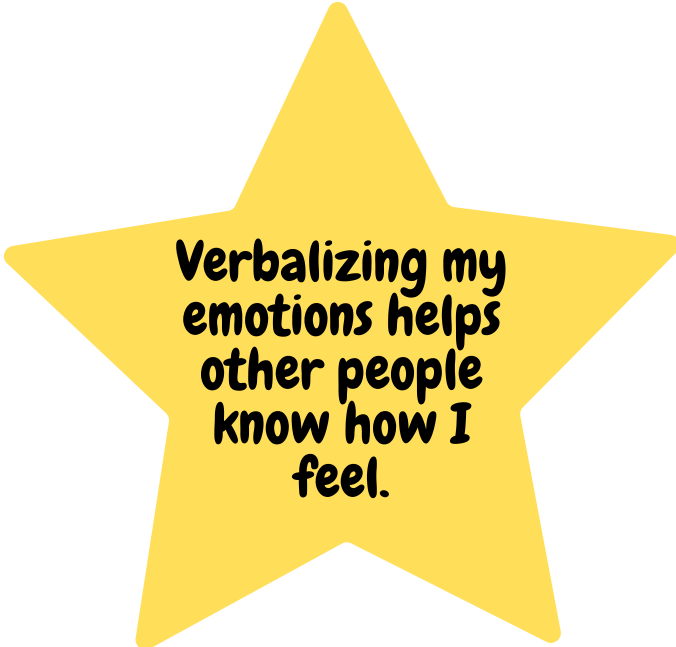
**I know ways to  
help my body feel  
relaxed.**



**Emotions  
happen on the  
inside of our  
bodies.**



**Coping skills help  
me manage big  
emotions.**



**Verbalizing my  
emotions helps  
other people  
know how I  
feel.**