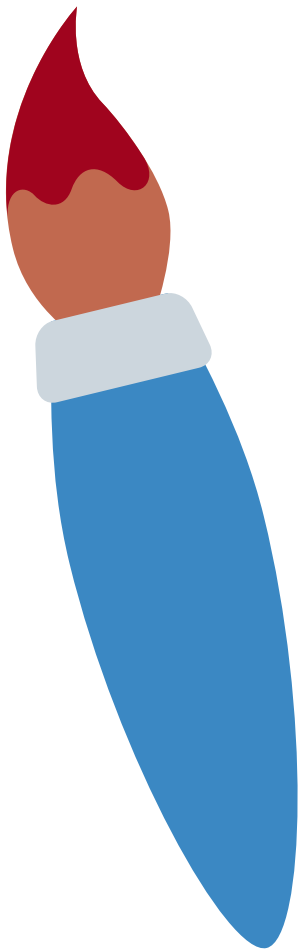


EMOTIONS COLOR PALLETTE

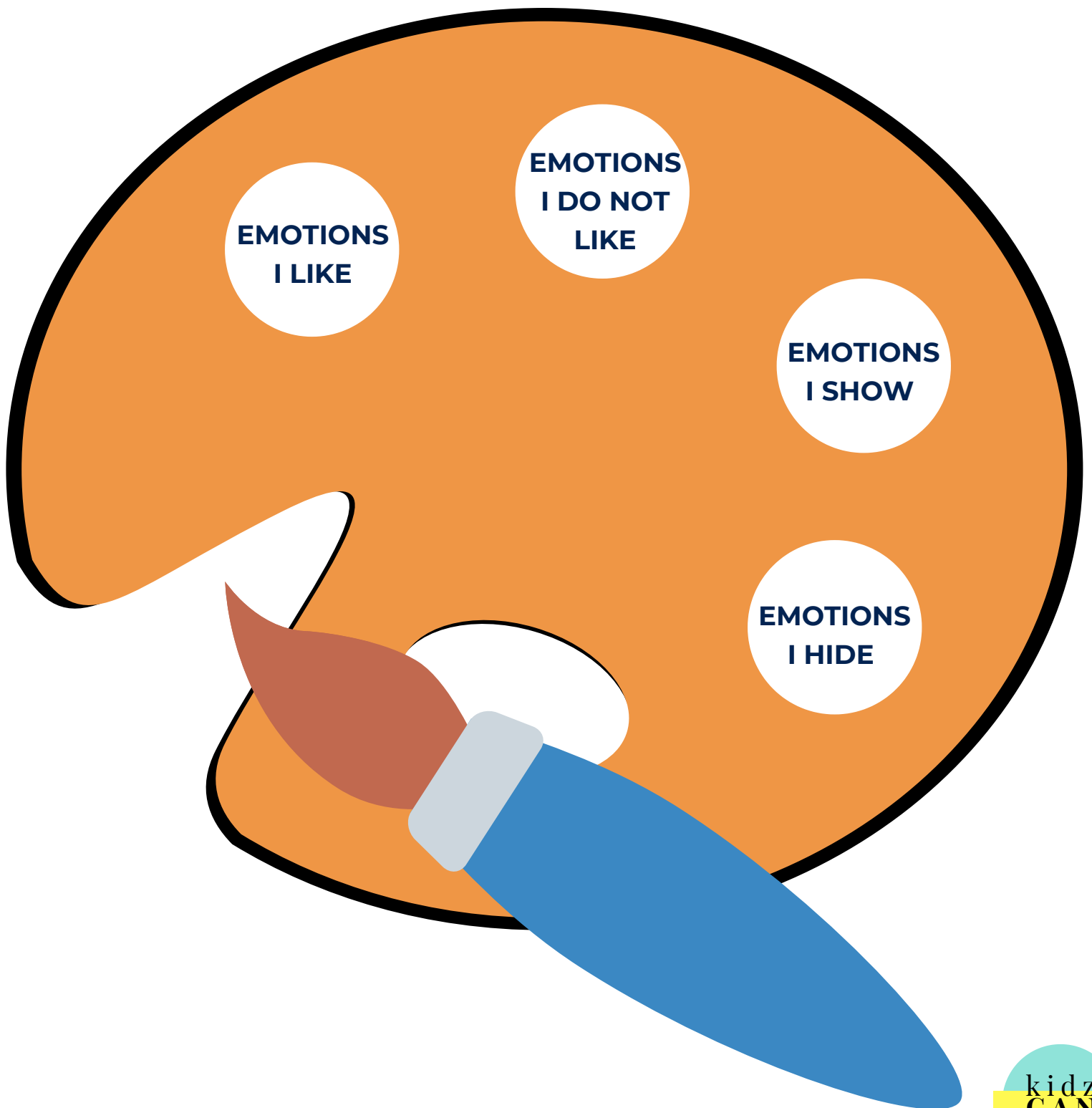
We feel all sorts of emotions everyday! Which emotions feel the best and which feel uncomfortable? What emotions do you like to show the world? Do you ever try to hide certain emotions? Investigate your emotions using this activity!



1. First, pick one color for each circle in your emotions color palette.
2. Then color each face to show which emotions you like to feel and which emotions you don't like to feel.
3. After this, outline each face to show which emotions you show other people and which emotions you hide.

TIP-This activity is also great using paint dotters.

MY EMOTIONS COLOR PALETTE





EXCITED



DISTRAUGHT



FRUSTRATED



CONFUSED



ANGRY



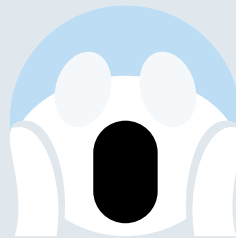
EMBARRASSED



PROUD



FURIOUS



SCARED



DISAPPOINTED



ANXIOUS



SICK



TIRED



NERVOUS



LOVE



WORRIED



SHOCKED



CALM



HAPPY



SILLY



CONFIDENT



SAD



JOYOUS



LONELY



FRIENDLY



ANNOYED



UNCOMFORTABLE



ASHAMED