

Activity: Express Yourself!

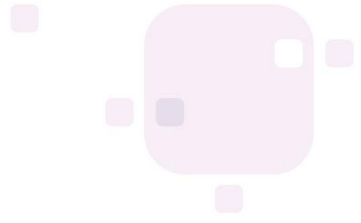
The more we practice talking about our emotions and feelings, the easier it is to let people know when we are not feeling too good.

When we let people know we are not feeling good, then they will be able to help us.

Look at the word on each of the following pages and draw or write all the different things that you think of when you see that word.

If you don't like drawing or writing, why not play a game of charades with your family and act them out instead?





Happy...



Sad...



Scared...



Lonely...



Helpful...

