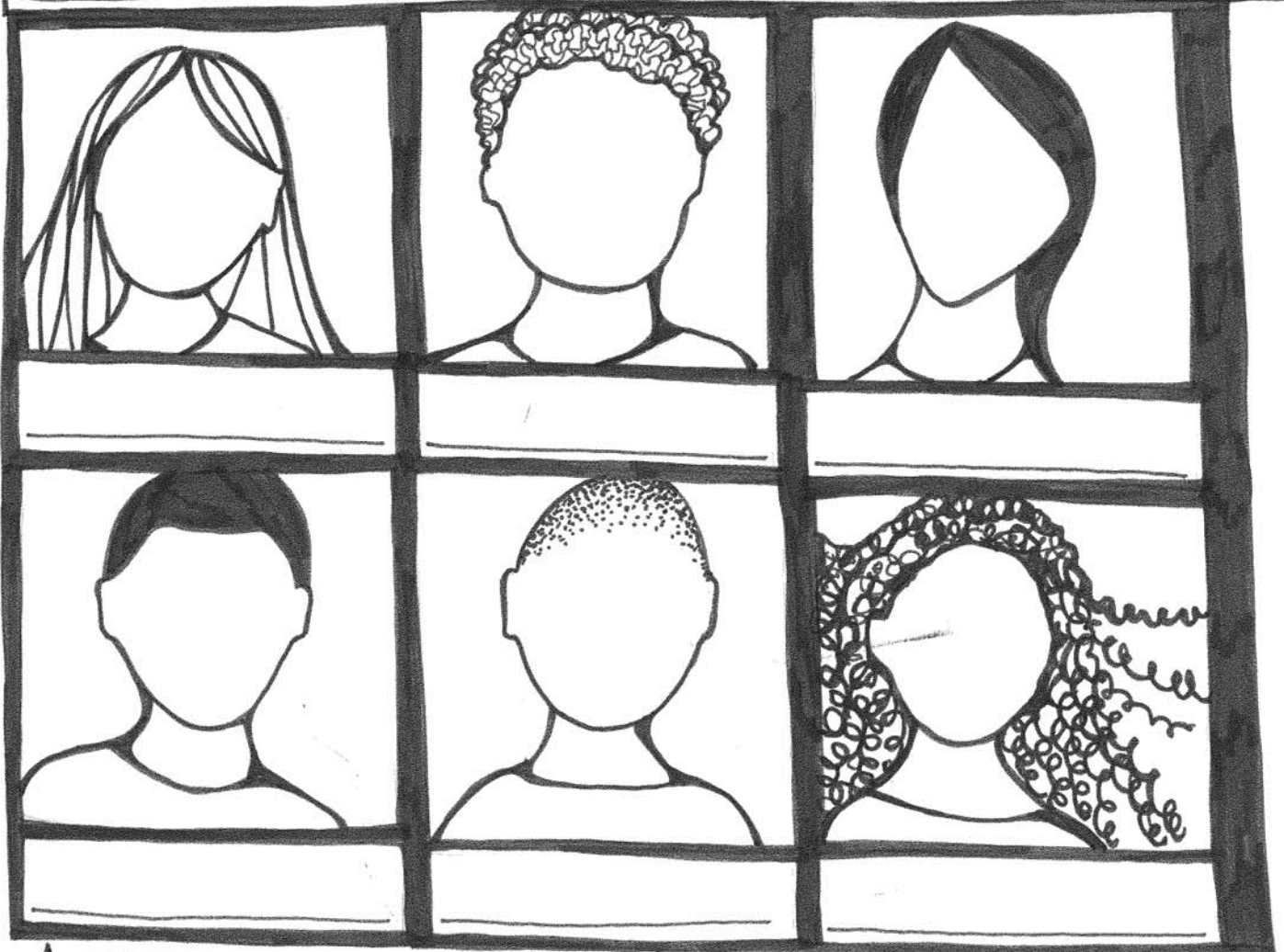


Emotions

Think of 6 different emotions or feelings you have.
WRITE the emotion on the blank space in the word box.
DRAW the emotion on the blank face.



★ MINDFUL EMOTION CHALLENGE:

Next time you are **ANGRY** this week, stop and take

3 mindful breaths. Notice what happens.

Be ready to share with the class: ① what made you upset.

② what did it feel like to be angry. ③ what you did after taking 3 breaths.