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.