

TEACHER/LEADER/PARENT INSTRUCTIONS

1. **First have students identify/name the emotions at the top of the worksheet.**
2. **Next, if appropriate, have students close their eyes and take a deep breath in and then out.**
3. **Ask them to place their hand on their heart and "check-in" with their emotions.**
4. **Ask them to try to identify what emotion or emotions they are feeling right now.**
5. **Ask students to open thier eyes!**
6. **Review worksheet directions and have students complete drawing/ writing activity as appropriate.**

If appropriate, cut out and have participants match emotion words to the pictures.

happy

sad

angry