

Feelings Drawing Worksheet.

Example feelings:



HAPPY



SAD



ANGRY



SCARED



DRAW WHAT THE FEELING LOOKS LIKE.



Use any shape, character, or scribble.
It doesn't have to look good, just express it!



GIVE IT A COLOR



WHERE DOES IT LIVE IN YOUR BODY?



WHAT WOULD IT SAY IF IT COULD TALK?



WHAT WOULD HELP?

