

MY FEELINGS MINI BOOK

TEN-PAGE MINI BOOKET

Covers
several
skills

Color a
face

Draw what
triggers it

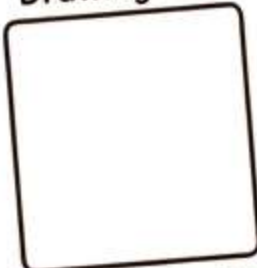
Point to
where it
lives

Dictate a
sentence

Spread 1: Happy



Drawing Box



Where I feel it

Drawing Box
What made me happy?



Heart
Location

Spread 2: Sad



Drawing Box



Tummy Location

Drawing Box
What made me sad?



Adults can
help with
dictation!

Spread 1: Happy

Spread 2: Sad

- Perfect for Classrooms!
(Revisit past feelings)
- Great for Home!
(Build emotion words quietly)

