

# DRAW YOUR FEELING



- DRAW AN EMOTION LOOKS LIKE:



HAPPY/SAD



CALM PLACE



COLOR/FILLED



- JUST ASK: Tell me about this part.
- Let your child decide what it means.

## AVATAR IDEAS

(for Gen Alpha)

### • EMOTION AVATAR



- Expression
- Colors
- Accessories
- Surroundings
- Emotion Power



Happy Avatar

- WHAT DOES THE AVATAR DO when the feeling gets stronger?

