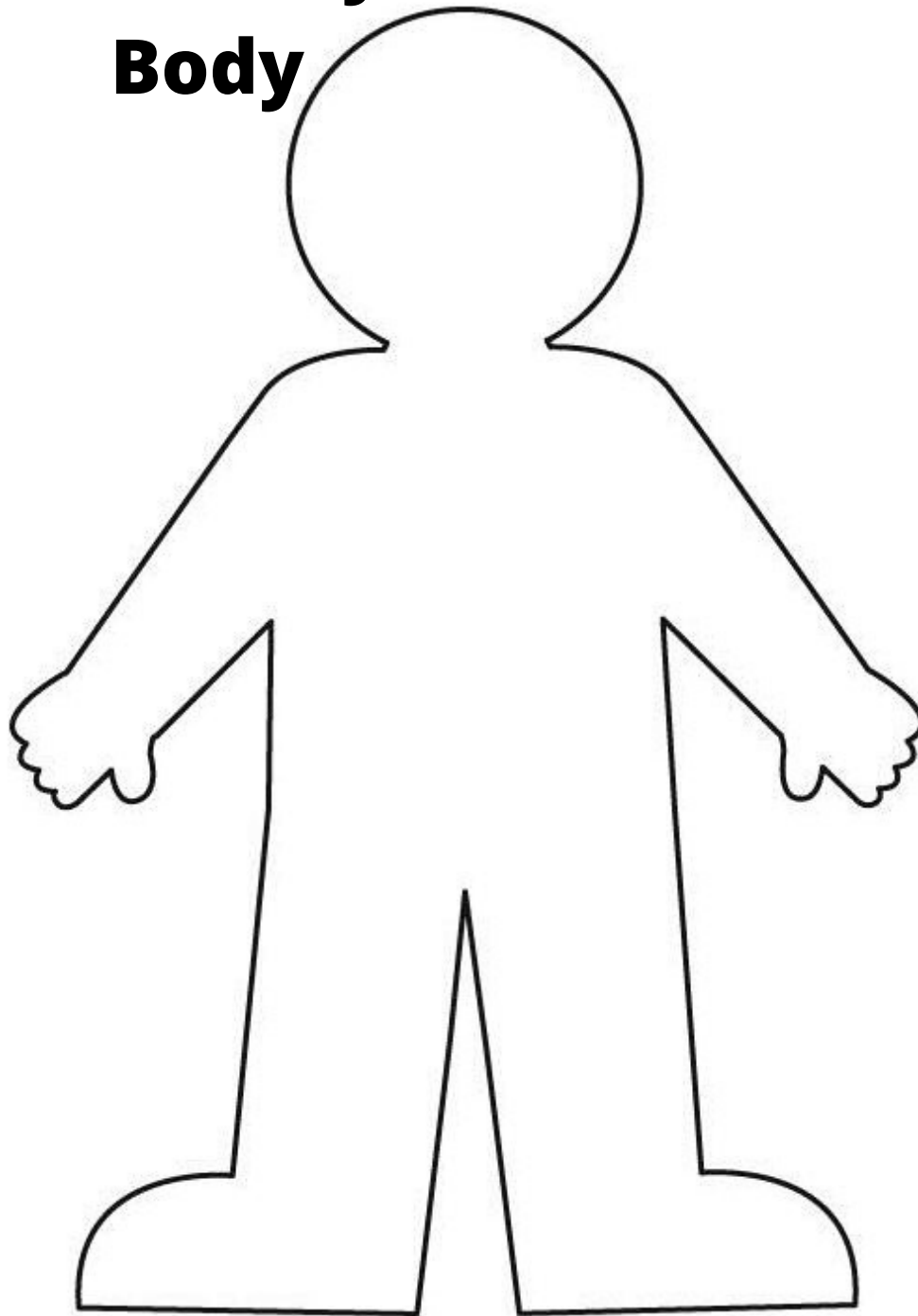
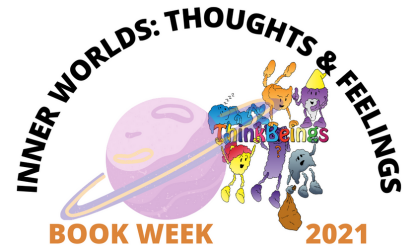


World of Feelings

Inside my

Body



TODAY I FEEL... (Circle one or more)

HAPPY

SAD

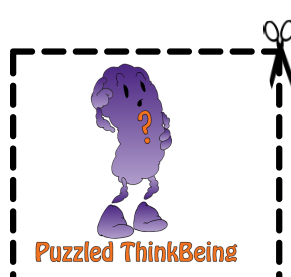
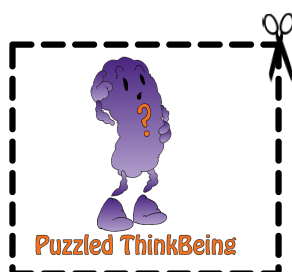
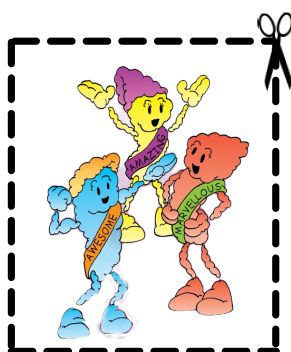
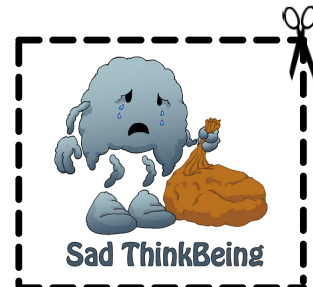
ANGRY

SCARED

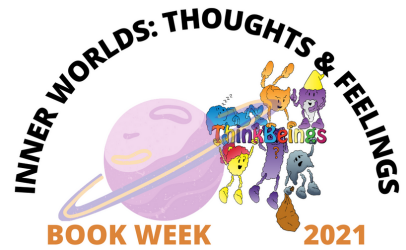
PUZZLED

AMAZING!

Cutouts



Instructions



1. Show the students the emotions written at the bottom of page 1. Link them to the images on page 2 and brainstorm the events and situations that may create those feelings.
2. Ask the students to think about how they feel today. Maybe they feel more than one emotion, that's fine. If they would like to, get the students to share why they feel that way.
3. Help them circle the word(s) that match how they are feeling.
4. Ask them to show you where they feel the emotion(s) in their body. Again, they may feel it in more than one place.
5. Get them to cut out the ThinkBeings characters that match their feeling(s) and stick them to the figure on page 1.
6. Ask them to draw a face on the body that matches how they feel, and colour it in.

Example

