

Name: _____

Date: _____

😊 ENGLISH: MY FEELINGS & EMOTIONS 🤗

ACTIVITY 1: LOOK, POINT AND TRACE THE FEELINGS

Look at the pictures from the video. Say the word and trace the letters below.



HAPPY

H A P P Y



SAD

S A D



ANGRY

A N G R Y



SCARED

S C A R E D

ACTIVITY 2: HOW TO CALM DOWN (COPING STRATEGIES)

Match the big feeling on the left to the calming action shown in the video!



WHEN I AM ANGRY





TAKE A DEEP BREATH 🌬️



WHEN I AM SCARED



1 . 2 . 3

COUNT TO 3 📅



WHEN I AM SAD





GET A HUG 🤗

★ WHAT HELPS YOU FEEL BETTER? (TICK OR CIRCLE) ★

☐ Deep Breath

☐ Count 1-2-3

☐ Get a Hug