

writing activity

Your Name:

Thinking about your feelings and emotions in certain moments of your life and later use the space to write 10 complete sentences about how you feel in that moments.

Example:

When my mom cooks spaghetti I feel happy because it is my favorite food.

Now it's your turn...

Write 8 emotions, connecting them with a body part and a short phrase.

Example:

When I'm worried, I get a headache



"Emotions are important because they help us know how we feel and understand our friends."