

My Feelings Weather Report

Feelings change like the weather. What is the weather inside you today?

Name: _____ Date: _____



My weather today

- ☐ Sunny ☐ Partly cloudy ☐ Rainy ☐ Stormy ☐ Windy ☐ Foggy ☐ Rainbow
☐ Something else

Draw your feelings weather (you can be in it too)

How strong is it?



A little



A lot

What could change my forecast? Who could help?

One Character, Four Feelings

Pick one character and draw them four times. Change only the face.

Name: _____ Date: _____



Happy

Worried

Grumpy

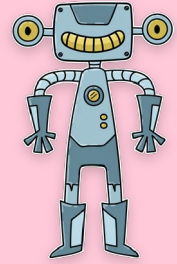
Proud

A time I felt one of these feelings was...

Build a Kindness Robot

This robot has one job: making someone's day better. Design it!

Name: _____ Date: _____



Draw your kindness robot and label its parts

Its 3 best parts and what they do

1. _____

2. _____

3. _____

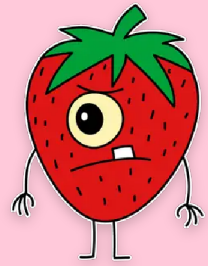
My robot's name:

Who will it help first, and how? Could I do that too?

Thank-You Garden

Every flower holds one thing you are thankful for. Plant at least five!

Name: _____ Date: _____



Draw a flower for each thing you're thankful for. Write or draw it in the middle.

Dear _____, thank you for...

My Calm-Down Plan

Everyone gets upset sometimes. Make a plan for getting calm again.

Name: _____ Date: _____



Tricks that help me calm down

- ☐ Big slow breaths ☐ Count to 10 ☐ Hug a soft toy ☐ Draw or doodle
☐ Get a drink of water ☐ Stretch ☐ Talk to someone ☐ Quiet corner

My calm place (real or imagined)

I know I need my plan when I feel...

People who can help me:

Feed the Worry Monster

This monster's favorite food is worries. The more it eats, the lighter you feel!



Name: _____ Date: _____

Draw your worry monster (give it a big mouth!)

Its name:

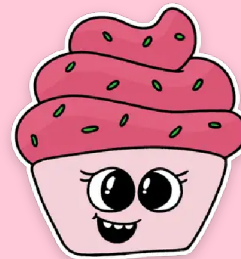
A worry I'm feeding it:

Something that makes my worry smaller:

Recipe for a Good Friend

Mix up the perfect friend. What ingredients do you need?

Name: _____ Date: _____



Ingredients (a cup of kindness...)

1. _____

2. _____

3. _____

4. _____

5. _____

Me and a friend

How to mix it

1. _____

2. _____

3. _____

One ingredient I bring to my friendships:

My Proud Moment Trophy

You earned a trophy! What is it for?

Name: _____ Date: _____



Draw your trophy (and write what it's for)

How hard was it?



Easy



Super hard

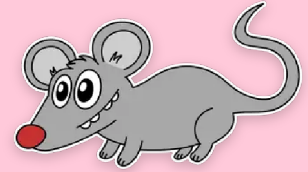
I am proud because...

It took... (practice, help, courage?)

In Their Shoes

A new kid joins your class today. Step into their shoes.

Name: _____ Date: _____



Draw the new kid on their first morning

They might feel...

- ☐ Nervous ☐ Shy ☐ Excited
☐ Lonely ☐ Curious ☐ Scared

Three things I could do to help

1. _____
2. _____
3. _____

A time I was new somewhere, I felt...

Kindness Bingo

Do a kind thing, color the square. Can you get three in a row this week?

Name: _____ Date: _____



Color a square when you do it

Hold the door	Share a crayon	Say thank you
Help clean up	Your own idea!	Invite someone to play
Give a compliment	Help at home	Smile at someone new

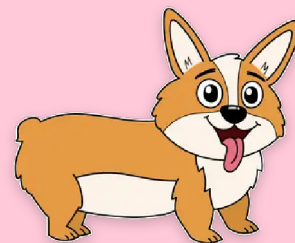
My favorite kind act

How did it make them feel? How did I feel?

Compliment Chain

A good compliment is true and specific. Make a chain of five!

Name: _____ Date: _____



To · My compliment (say exactly what you noticed)

To: _____

To: _____

To: _____

To: _____

To: _____

Draw someone getting your compliment

A compliment I got that I still remember:

How did giving them feel?

☐ Awkward

☐

☐ OK

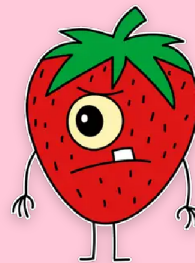
☐

☐ Great

Little Things That Make Me Happy

Big things are great, but little things count too. What makes you smile?

Name: _____ Date: _____



Little happy things

1. _____

2. _____

3. _____

4. _____

5. _____

More!

6. _____

7. _____

8. _____

9. _____

10. _____

Draw your favorite one

One little happy thing I can give someone else:

Solve a Friendship Problem

Friends don't always agree. Help these two find a fair fix.

Name: _____ Date: _____



The problem (two friends both want...):

Friend 1 feels...

Friend 2 feels...

Ideas to fix it

1. _____
2. _____
3. _____

The fairest idea is... because...

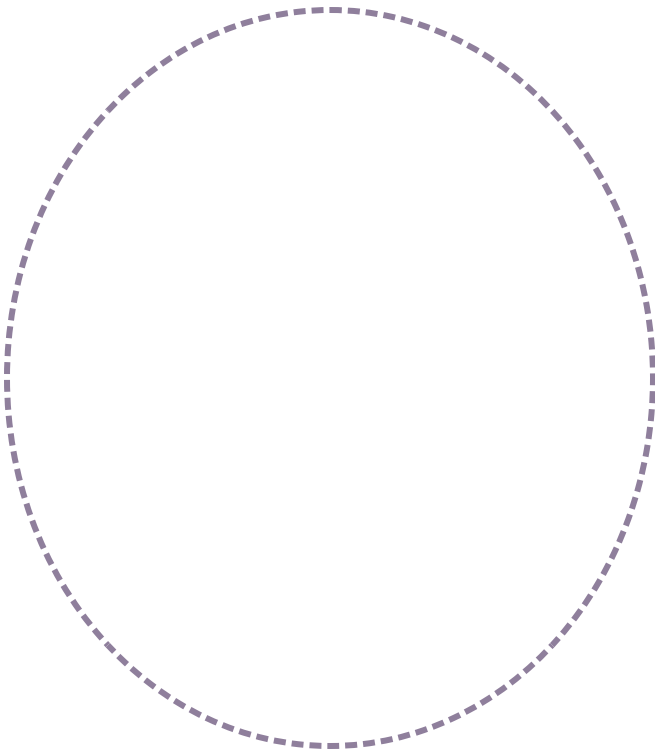
My Brave Badge

Being brave means doing something even when you feel scared. Earn your badge!



Name: _____ Date: _____

Design your brave badge



The brave thing I did:

Before, I felt... After, I felt...

Next time I want to be brave about...

Ways to Say Hello

An alien just landed and wants to learn how we say hello. Teach it!

Name: _____ Date: _____



Hello in words (any language)

1. _____

2. _____

3. _____

4. _____

Hello without words

1. _____

2. _____

3. _____

4. _____

Draw yourself saying hello to the alien

My favorite hello is... because...

Colors of My Feelings

If feelings had colors, what would they be?

Name: _____ Date: _____



Color each box

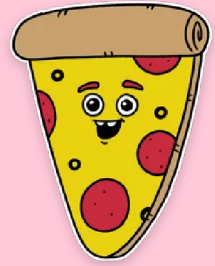
Feeling	Color	Why this color?
Happy		
Sad		
Angry		
Calm		
Excited		

Draw a picture using only my color for today

Kindness Coupons

Make coupons for kind things you can do. Then give them to people who deserve them!

Name: _____ Date: _____



This coupon is good for...

To: _____ From: _____

This coupon is good for...

To: _____ From: _____

This coupon is good for...

To: _____ From: _____

This coupon is good for...

To: _____ From: _____

I will give my coupons to...

How Big Is My Feeling?

Feelings come in sizes. How big is yours right now?

Name: _____ Date: _____



The feeling:

Its size (5 = huge, 1 = tiny)

5

4

3

2

1

What helps at each size

5: _____

4: _____

3: _____

2: _____

1: _____

Right now my feeling is a ... and I will...

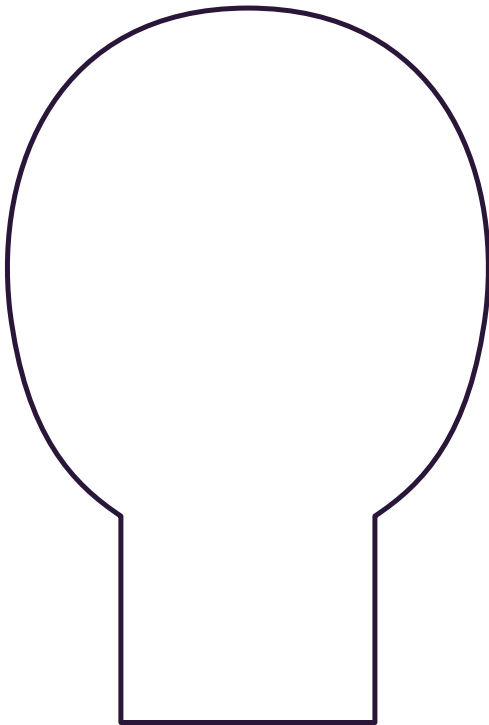
Inside My Head Today

What's going on in your head today? Draw or write it all!

Name: _____ Date: _____



My head today



The biggest thought:

1. _____

2. _____

3. _____

One thought I want to share with someone:

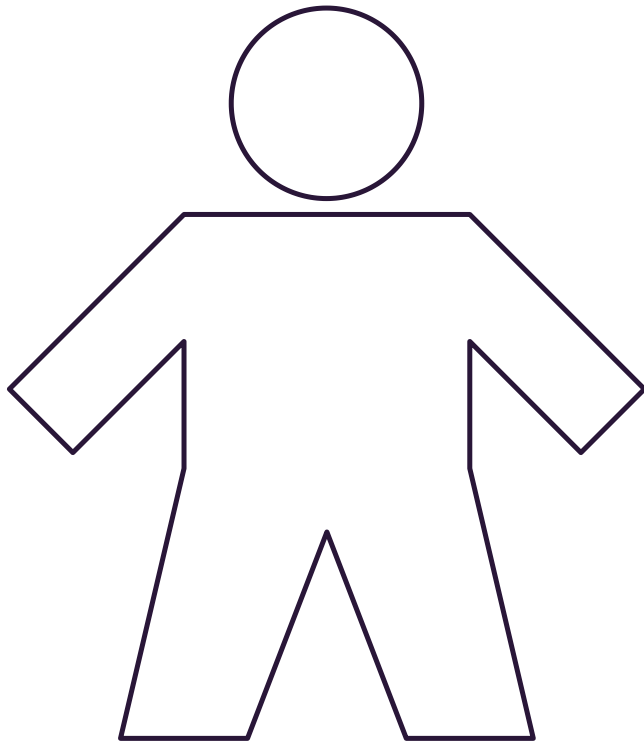
Body Clues

Feelings show up in our bodies. Color where you feel each one!

Name: _____ Date: _____



Color where I feel it



My color key

Worried: _____

Angry: _____

Happy: _____

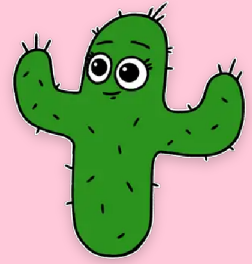
Nervous: _____

When my body gives me a clue, I can...

Mood Check-In Week

Morning and afternoon, draw a tiny face that shows how you feel.

Name: _____ Date: _____



My week

Day	Morning face and word	Afternoon face and word
Mon		
Tue		
Wed		
Thu		
Fri		

A pattern I noticed this week:

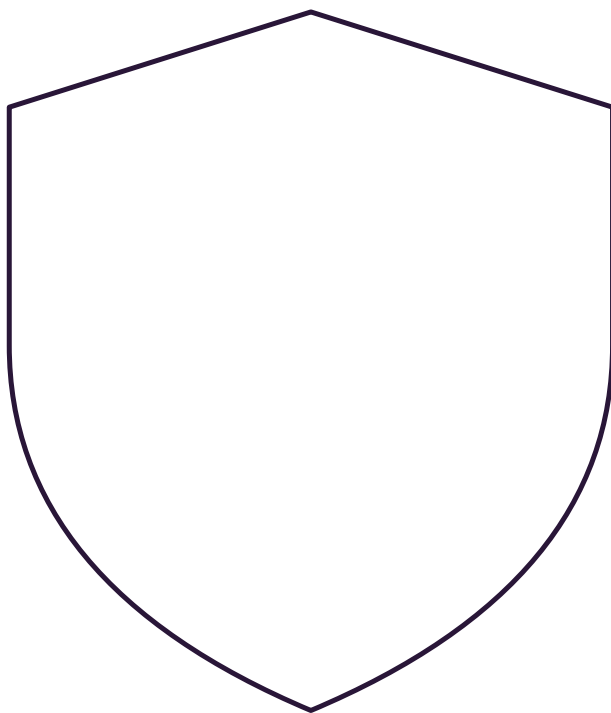
My Shield of Strengths

Your strengths protect you! Fill the shield with them.

Name: _____ Date: _____



Split it in four and fill each part



I am...

1. _____

2. _____

3. _____

4. _____

A time one of my strengths helped me:

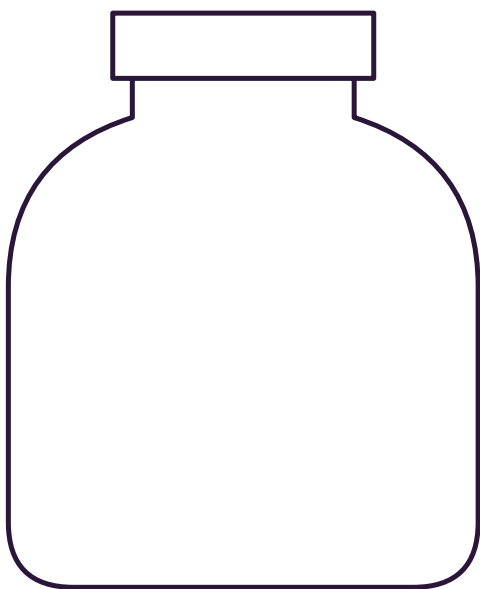
What Fills My Jar

What fills you up with good feelings? Fill the jar!

Name: _____ Date: _____



Things that fill me up



Things that empty my jar

1. _____
2. _____
3. _____
4. _____
5. _____

I can fill someone else's jar by...



Apology Planner

A good sorry has four parts. Plan yours!

Name: _____ Date: _____

My apology

I'm sorry for: _____

It made you feel: _____

To fix it, I will: _____

Next time I will: _____

How I will make it right



Say It Kindly

Same message, kinder words. Rewrite each one!

Name: _____ Date: _____

Unkind → kind

Instead of...	I could say...
"Give me that!"	
"Your drawing is weird."	
"You can't play."	
"Hurry up!"	

A kind sentence I want to use more:

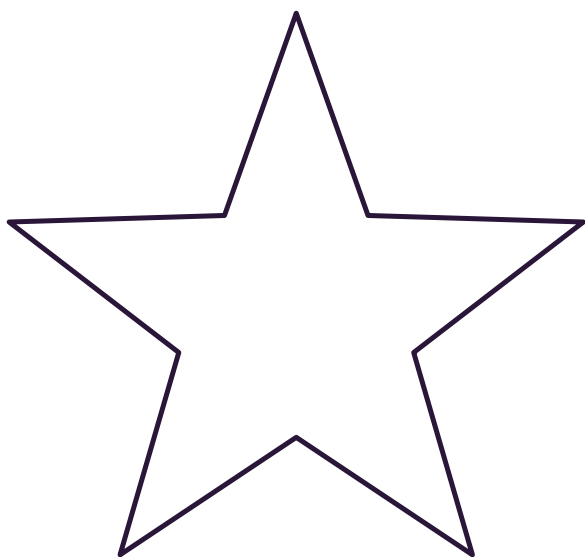
Breathe Around the Shapes

Trace slowly. Breathe in on one edge, out on the next.

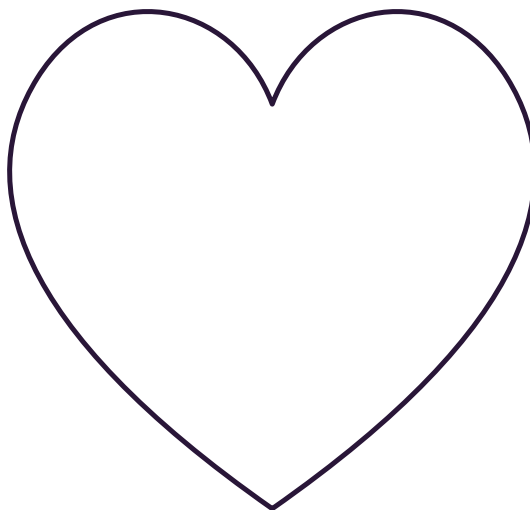
Name: _____ Date: _____



Star breathing: in up, out down



Heart breathing: in up one side, out down the other



After I breathed, I felt:



Calmer



The same



Sleepy



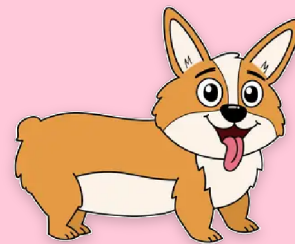
Ready

I can use shape breathing when...

How Did the Character Feel?

Characters have feelings too! How did yours feel, and how do you know?

Name: _____ Date: _____



Book and character:

Draw their face at each part

A large empty rectangular box for drawing the character's face at the beginning of the story.A large empty rectangular box for drawing the character's face in the middle of the story.A large empty rectangular box for drawing the character's face at the end of the story.

Beginning Middle End

Clues from the words and pictures:

My Safe Place

Imagine a place where you feel calm and safe. Draw it!

Name: _____ Date: _____



My safe place

In my safe place...

I see: _____

I hear: _____

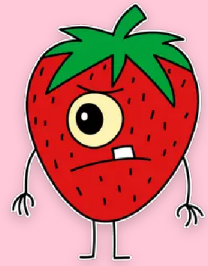
I smell: _____

I feel: _____

Three Good Things

Three good things every day. Even tiny ones count!

Name: _____ Date: _____



My week of good things

Day	1	2	3
Mon			
Tue			
Wed			
Thu			
Fri			

Looking back, the best thing was...

One Brave Step at a Time

Big brave things start with small steps. Plan yours!

Name: _____ Date: _____



The scary thing:

Steps (1 = easiest)

5 _____

4 _____

3 _____

2 _____

1 _____

Me at the top!

Who can cheer me on:

Who Can I Talk To?

Everyone needs people to talk to. Who are yours?

Name: _____ Date: _____



My people (draw or write a name in each box)

At home

At school

A friend

Me

Another grown-up

In my neighborhood

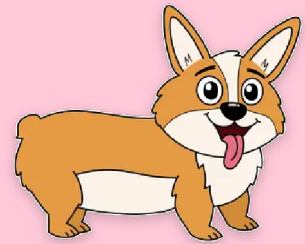
Someone far away

I would talk to ... if I felt...

Kindness Detective

Be a kindness detective! Catch people being kind.

Name: _____ Date: _____



Kindness I spotted

Helping _____ = _____

Sharing _____ = _____

Kind words _____ = _____

Including _____ = _____

The kindest thing I saw

How I could thank them:



Cool the Volcano

What makes your volcano rumble? How do you cool it down?

Name: _____ Date: _____

My volcano (write what makes it rumble inside)

Cool-down tricks

1. _____

2. _____

3. _____

4. _____

5. _____

My volcano right now:



Calm



Rumbling



Smoking



Erupting

After I cool down, I can...

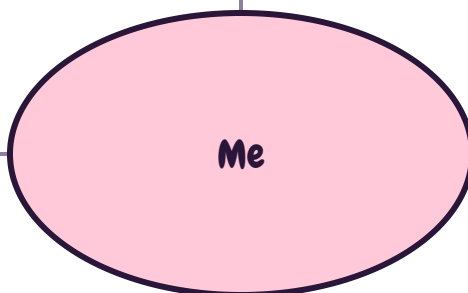
My Friendship Web

Who are your friends, and what do you do together?

Name: _____ Date: _____



A friend and what we do together in each box

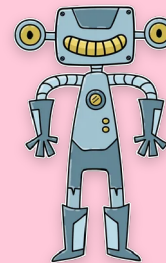


Someone I'd like to get to know better, and how I'll start:

Fair or Not Fair?

Is it fair? If not, how could you make it fair?

Name: _____ Date: _____



You decide

Situation	Fair?	A fairer way
One kid gets the ball every recess		
Everyone gets the same snack, even the hungriest		
The tallest kids stand at the back		
The fastest finisher always picks first		

Fair doesn't always mean the same because...

My Laugh Lab

What makes you laugh? Collect it all here!

Name: _____ Date: _____



A joke that makes me laugh:

The silliest face I can make

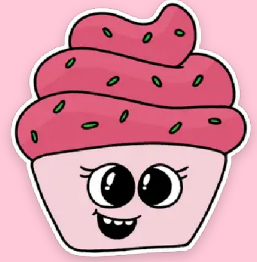
A funny moment I remember

Who I love laughing with:

My Self-Care Menu

What's on your self-care menu? Order up!

Name: _____ Date: _____



Quick bites (1 minute)

1. _____

2. _____

3. _____

4. _____

Main meals (10 minutes)

1. _____

2. _____

3. _____

4. _____

Special treats

1. _____

2. _____

3. _____

4. _____

Today I'll order:

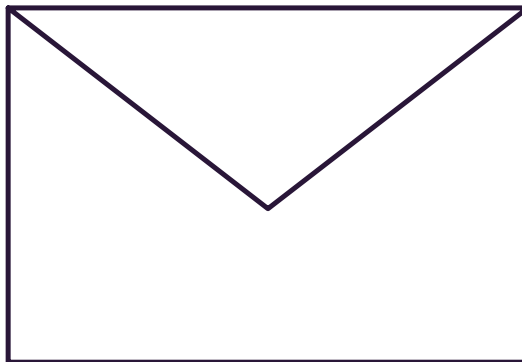
A Kind Note to Me

Write to yourself like your own best friend would.

Name: _____ Date: _____



Decorate the envelope: "Open on a hard day"

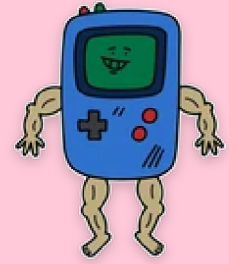


Dear me,

Mood Music Playlist

Music changes how we feel. Make a playlist for every mood!

Name: _____ Date: _____



My playlist

When I need to...	Song	Why it works
Calm down		
Cheer up		
Focus		
Dance		

Design the album cover

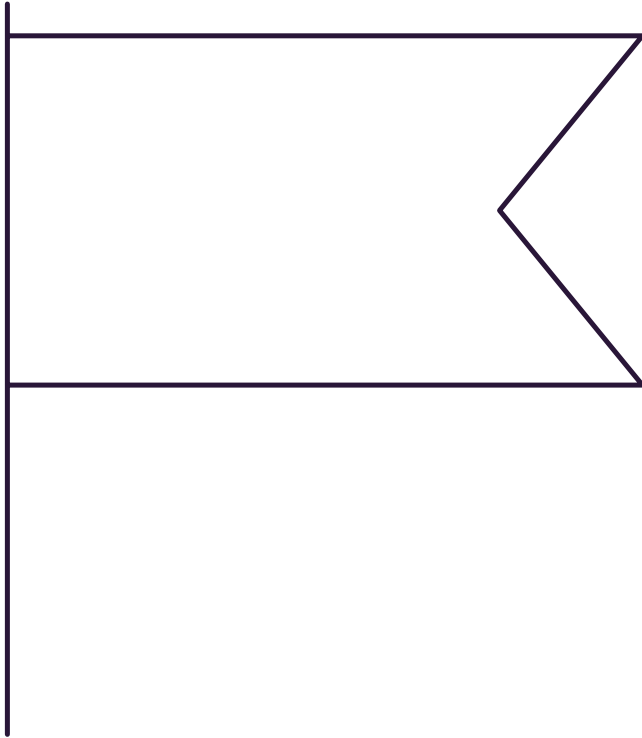
Cheer for a Friend

When a friend does something great, cheer for them!

Name: _____ Date: _____



My cheer pennant



My friend did... and I noticed because...

How it feels to cheer for someone else:
