

# Exploring Feelings

1  
How are you feeling today?

## Types of Emotions



Happy



Sad



Angry



Excited



Anxious



Indifferent

2  
Where in your body do you feel this emotion?

3  
What does this emotion feel like?

Talk about this emotion.

TOUCH that part of your body.

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**Express this emotion  
however you like!**



**EXAMPLES**

- 1. DO A DANCE.**
- 2. WRITE A STORY/ POEM.**
- 3. DRAW A PICTURE.**



**THE EMOTION I AM EXPRESSING IS: \_\_\_\_\_**



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