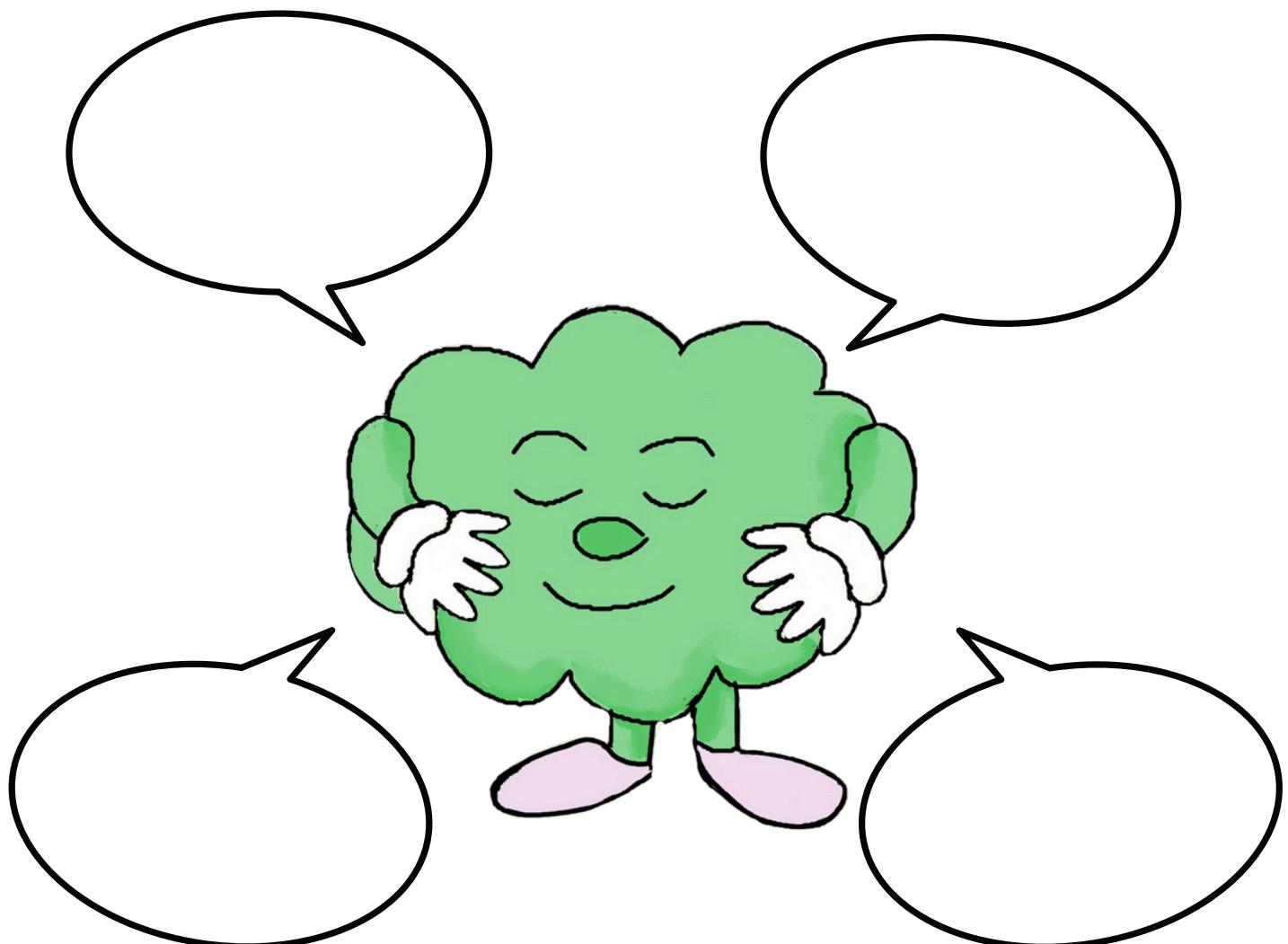


The E-motions

What makes you feel calm?

Write it in the speech bubbles below.



What makes me feel calm?

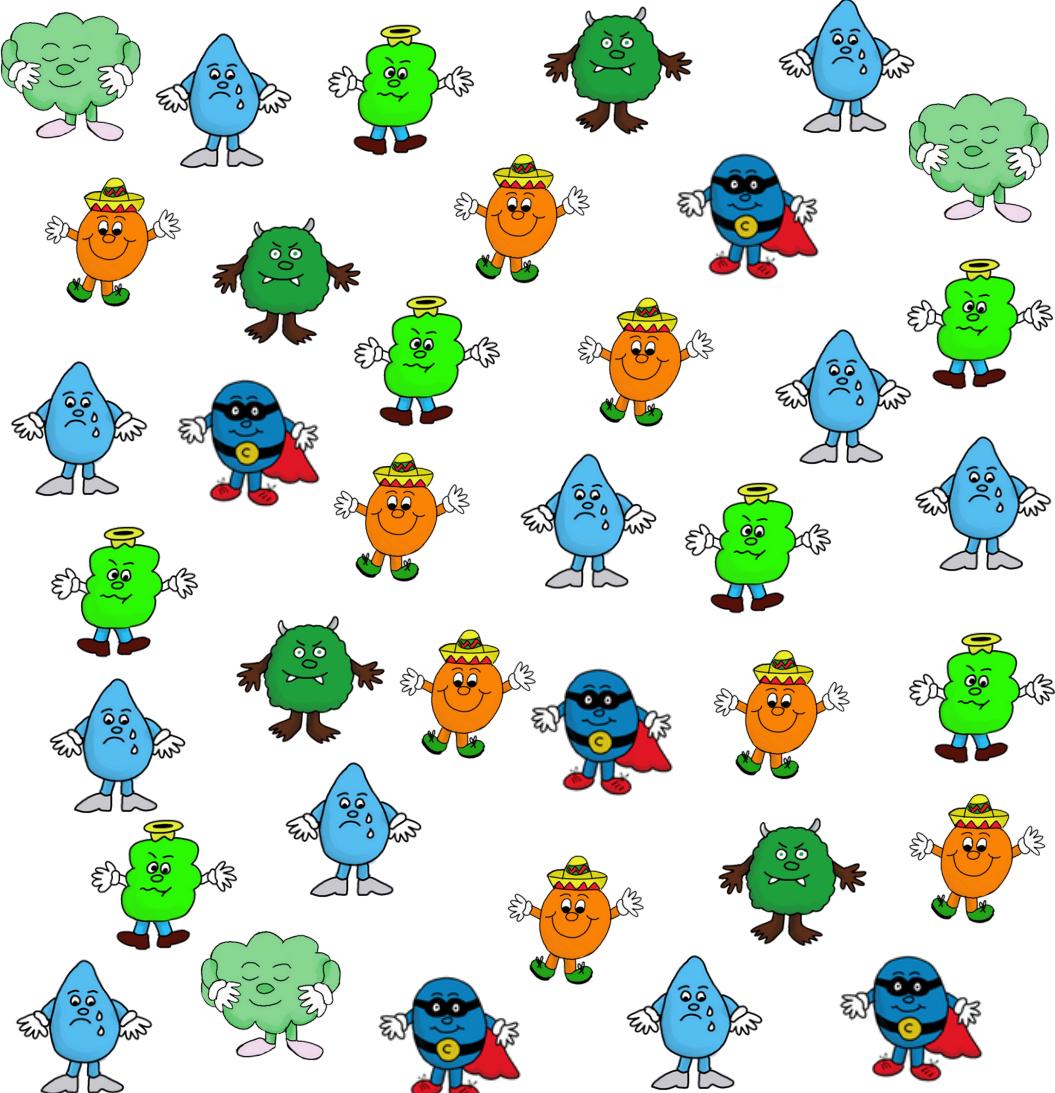


The E-motions



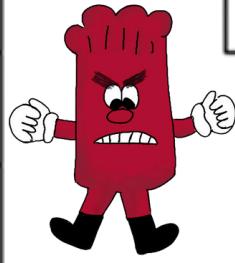
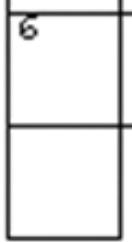
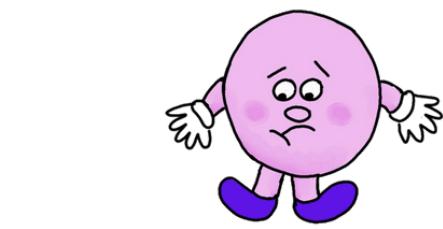
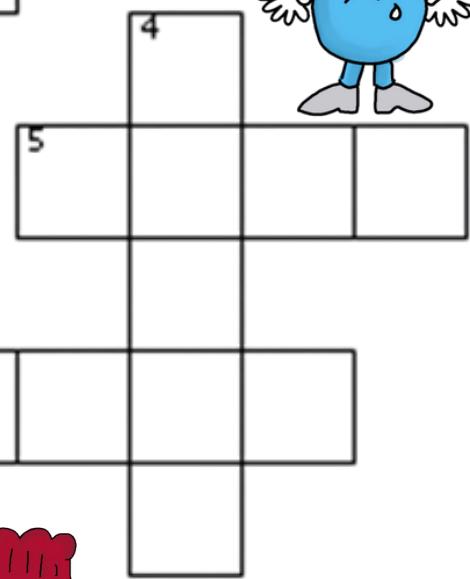
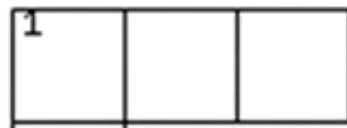
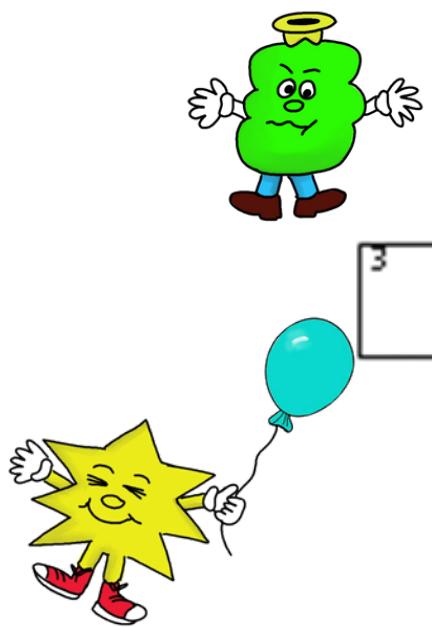
How many are there?

Count how many E-motions there are for each one and write the number in the box below.



The E-motions

Criss Cross Words

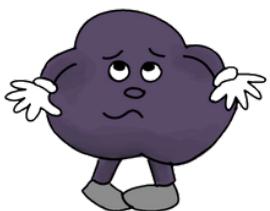


Across

1. When I cry this is how I feel.
3. I feel this when I cannot get what I want.
5. This is how I feel when I have cuddles with people I care about..
6. I feel this way before my birthday.

Down

1. This is how I feel when I have done something I am not proud of.
2. I feel this way when I am not sure how to do something.
4. This is how I feel when I don't have something to do.
7. I feel like this after I have taken a few long deep breaths.



The E-motions

Name the E-motions

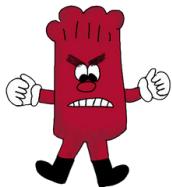


Can you name them all? Turn over, can you count how many there are?



p

y



g

r



s



f

r



v



c

l

The E-motions

Name the E-motions



Can you name them all? Turn over, can you count how many there are?

Answers



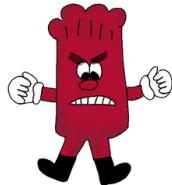
h

a

p

p

y



a

n

g

e

r



s

a

d



f

e

a

r



l

o

v

e



c

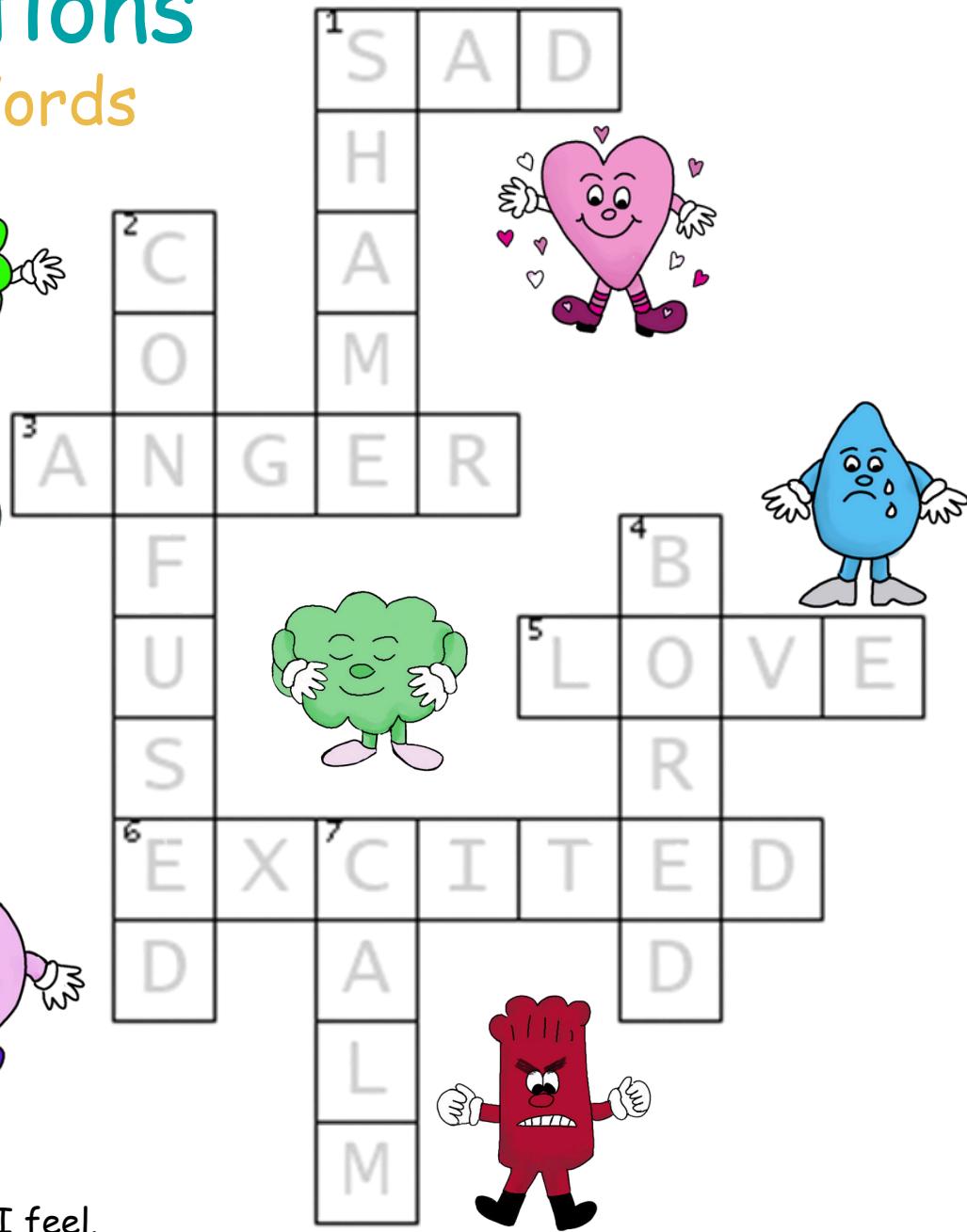
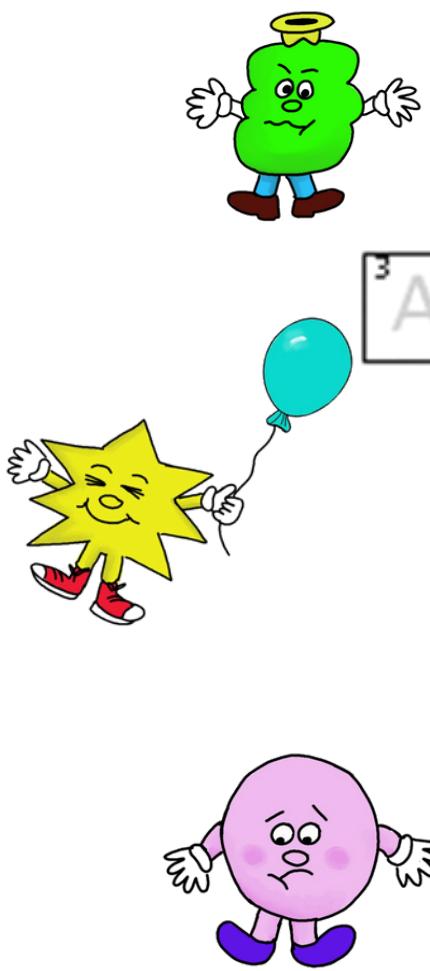
a

l

m

The E-motions

Criss Cross Words



Across

1. When I cry this is how I feel.
3. I feel this when I cannot get what I want.
5. This is how I feel when I have cuddles with people I care about..
6. I feel this way before my birthday.

Down

1. This is how I feel when I have done something I am not proud of.
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