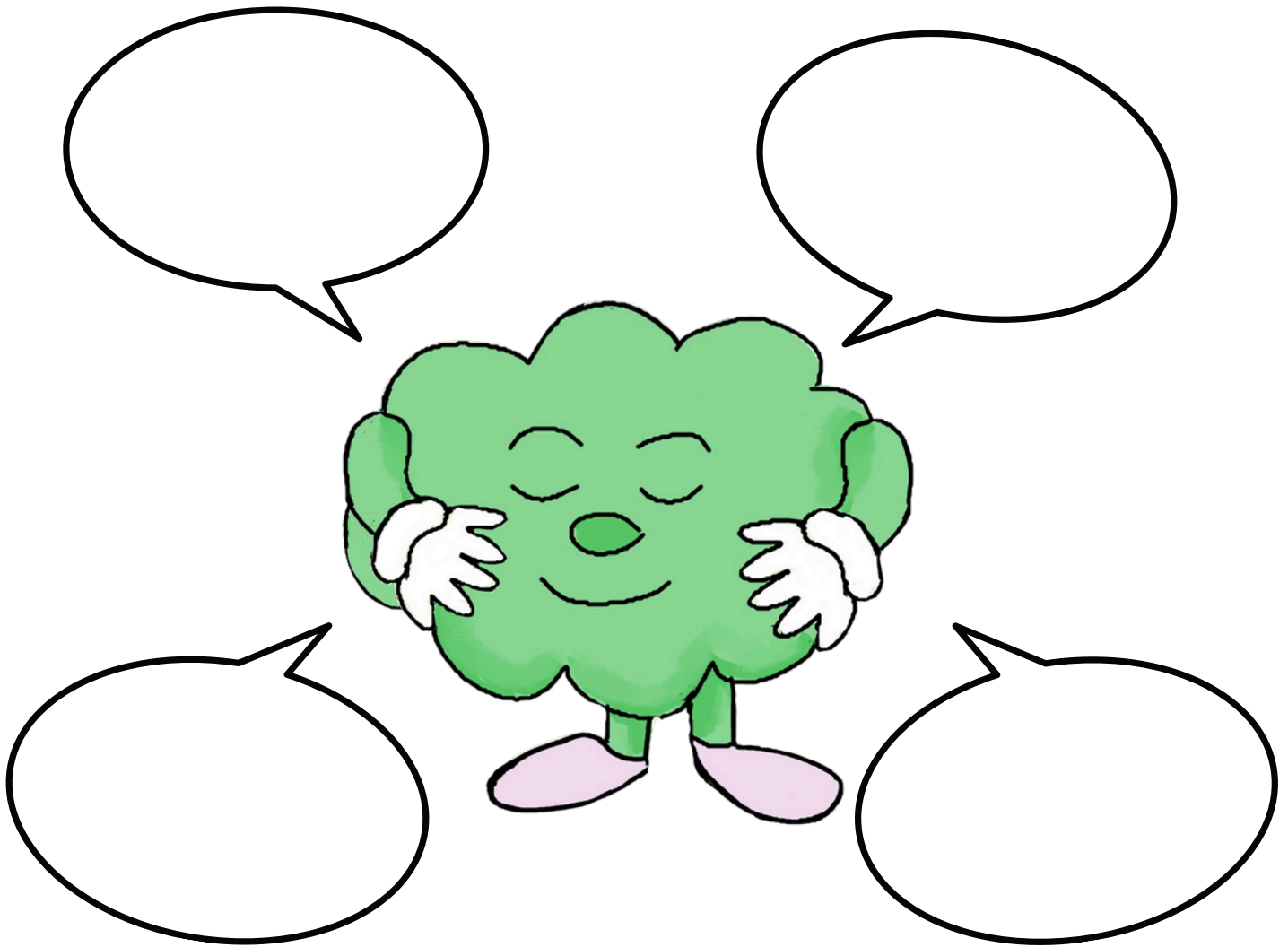


The E-motions

What makes you feel calm?

Write it in the speech bubbles below.



What makes me feel calm?

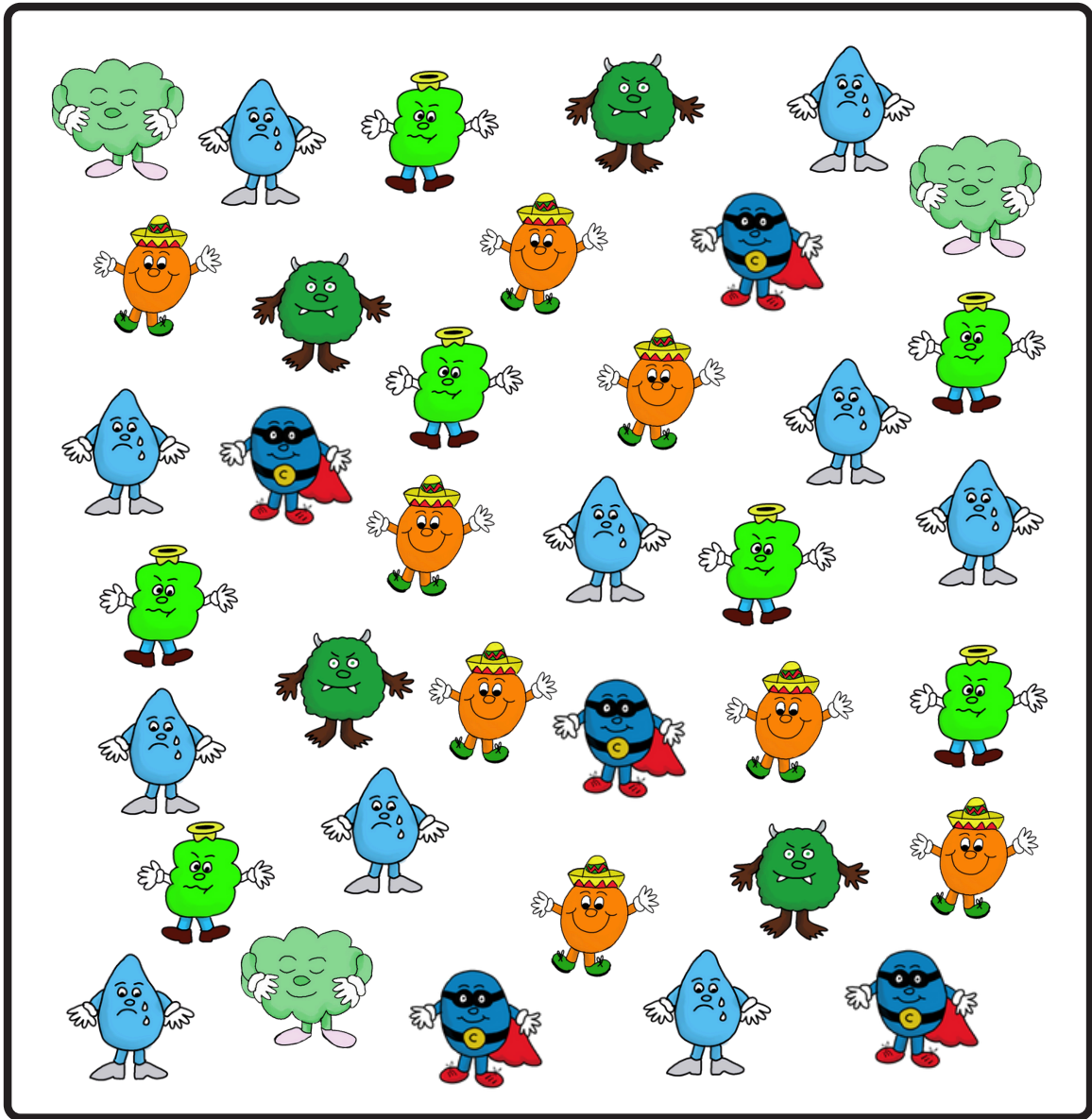


The E-motions



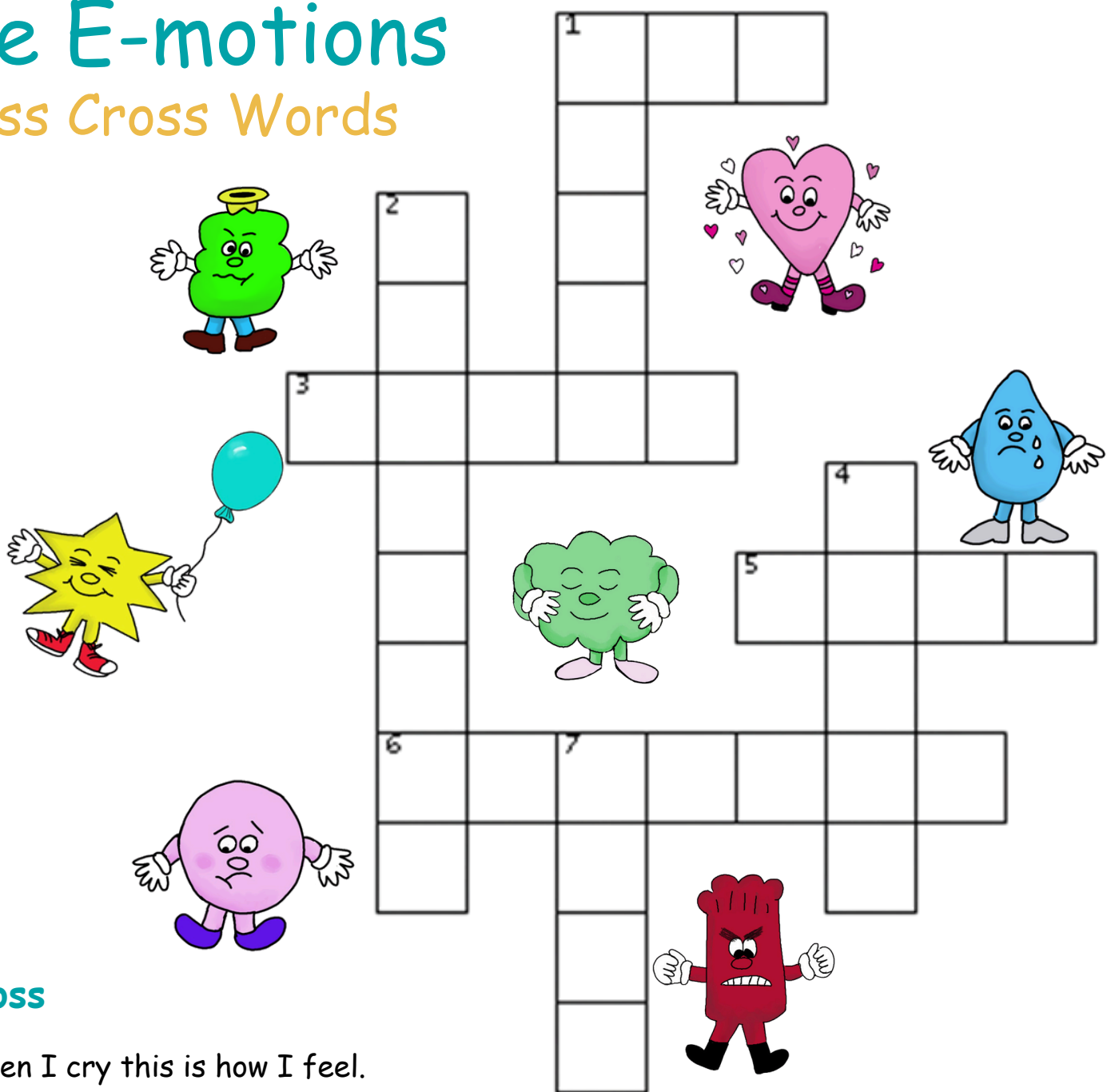
How many are there?

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



The E-motions

Criss Cross Words

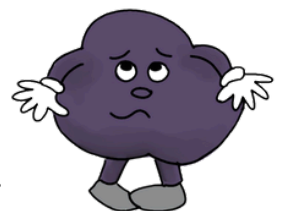


Across

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

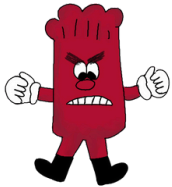


Name the E-motions

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



_____ p _____ y



_____ g _____ r



s _____



f _____ r



l _____ v _____



c _____ l _____

The E-motions



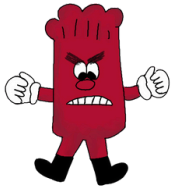
Name the E-motions

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



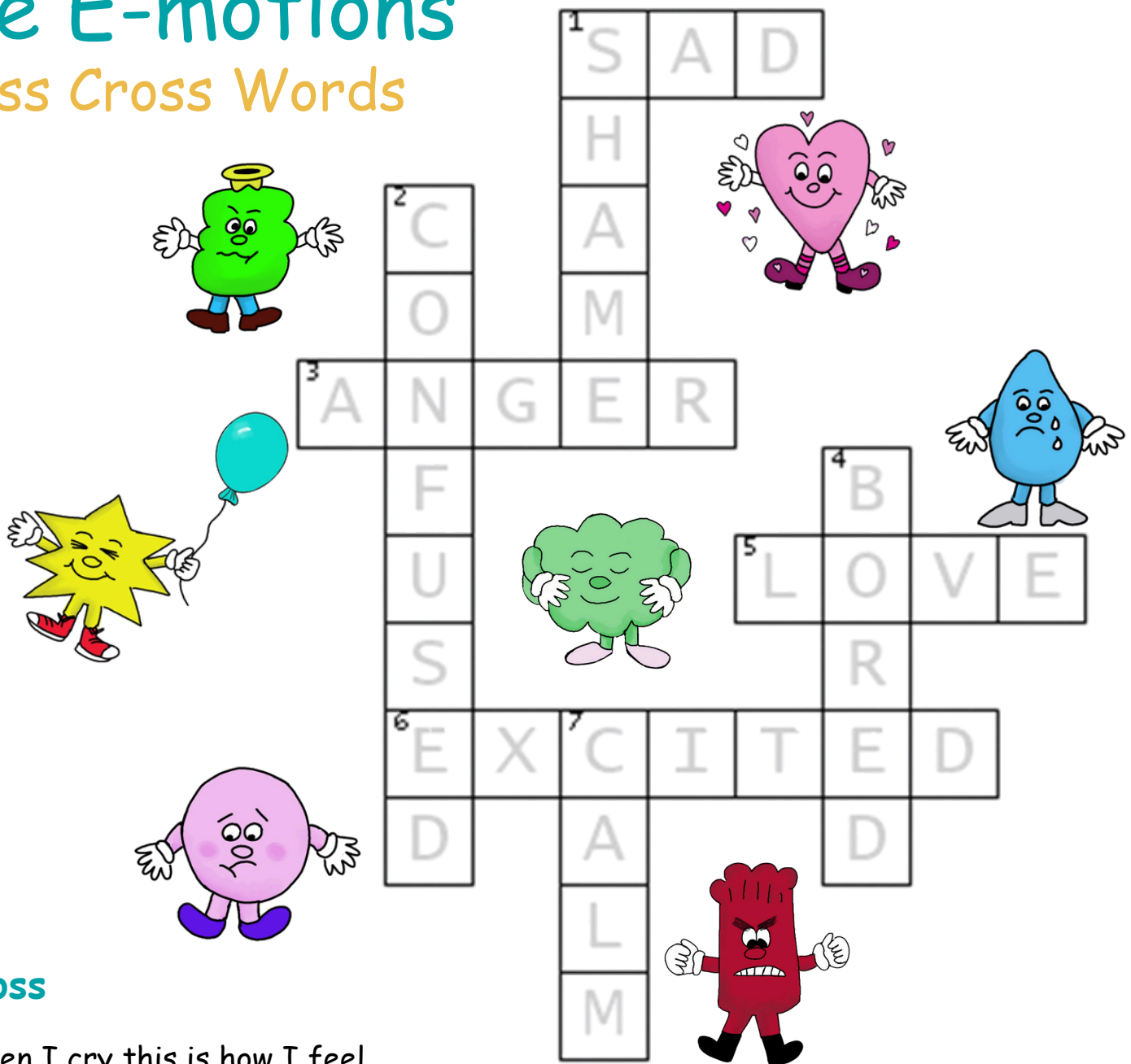
l o v e



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.
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