



VIP Education

Visionary Individual Pathways

DOWNLOADABLE & PRINTABLE

Emotions Activity Book

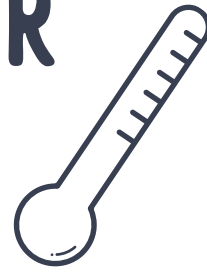
MORE INFO

vipeducation.co.uk



Name _____

THE THERMOMETER OF EMOTION



Write one thing or situation that makes you feel each emotion.

Angry		<input type="text"/>
Sad		<input type="text"/>
Worried		<input type="text"/>
Happy		<input type="text"/>
Calm		<input type="text"/>

Name _____

IDENTIFY THE EMOTION

Write the emotion and colour it.



Name _____

COLOUR, CUT & STICK

THE EMOTIONS

Colour the emotions, carefully cut them out, and stick them next to the right word.



	WORRIED
--	----------------



	ANGRY
--	--------------



	SHOCKED
--	----------------



	EXCITED
--	----------------



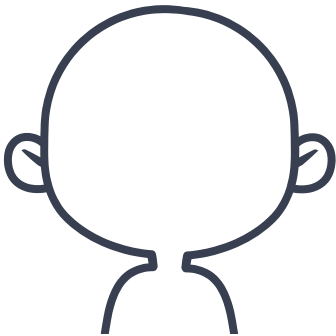
	SLEEPY
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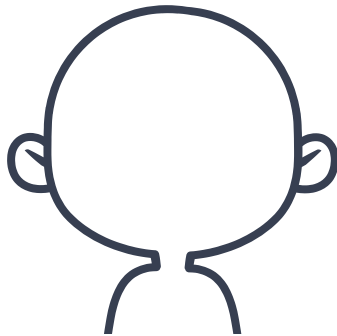
Name _____

MY FEELINGS FACES

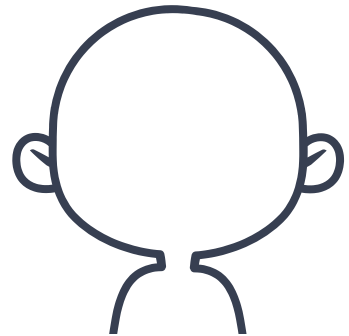
Draw an expression in each face that matches the emotion.



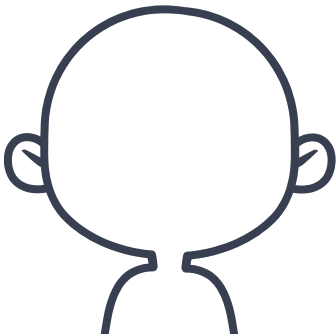
ANGRY



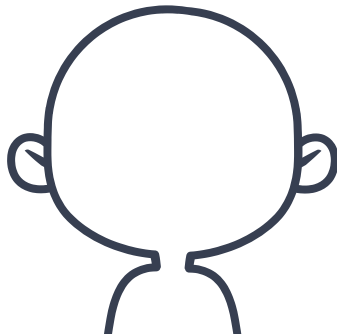
EMBARRASSED



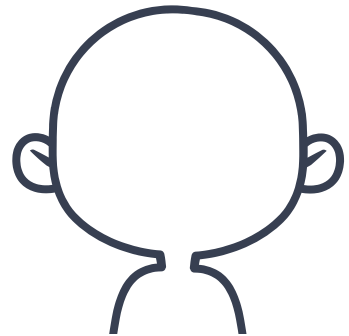
SCARED



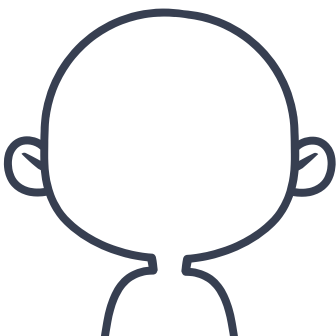
SHOCKED



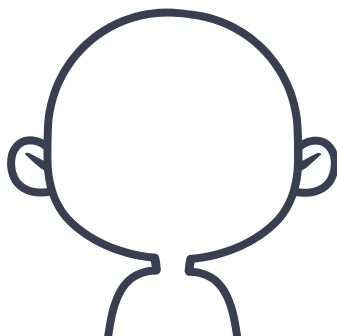
HAPPY



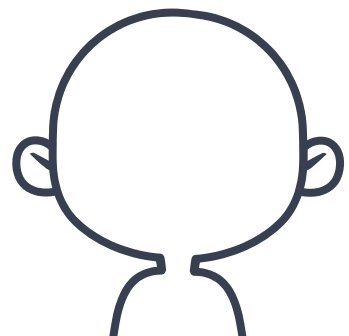
SAD



EXCITED



SLEEPY




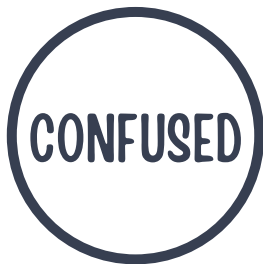
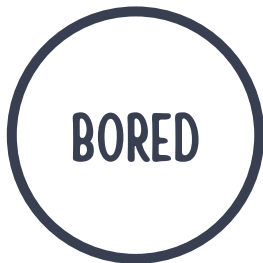
CONFUSED

Name _____

HOW I FEEL

Colour the emotion circles to show how you've been feeling lately.

	I feel this way often.
	I sometimes feel this way.
	I do not feel this way often.



Name _____

HOW DOES IT FEEL?

Give a rating and a reason. How does it feel when someone says...



Situation	Rating	Why?
YOU CAN'T PLAY WITH US		
DO YOUR HOMEWORK FIRST		
GREAT JOB!		
IT'S GOOD TO SEE YOU		
I'M DISAPPOINTED IN YOU		
LEAVE ME ALONE		
I APPRECIATE YOUR HELP		
YOU ARE WRONG		

Name _____

FEELINGS WORD SEARCH

Find the words below in the puzzle and circle them!



HAPPY

TIRED

SAFE

SAD

ANGRY

SCARED

CALM

BORED

FEELINGS

LONELY

SICK

EMOTIONS

Name _____

MY EMOTIONS

Draw or write the things that make you happy.

WHAT MAKES YOU HAPPY?



Name _____

MY EMOTIONS

Draw or write the things that make you sad.

WHAT MAKES YOU SAD?



Name _____

MY EMOTIONS

Draw or write the things that make you angry.

WHAT MAKES YOU ANGRY?

