



EMOTIONAL LITERACY

Activity Booklet
Merrymount

feelings

Feelings... We all have them and we can't stop them from coming to visit. But with practice we can learn to better understand our feelings and how to respond to them. This booklet is all about helping you learn more about your emotions through fun art activities!

Feelings aren't good or bad. All feelings help you understand and respond to the world around you.

Feelings come and go. Did you know that the average feeling will only last 1.5 minutes. What keeps it going beyond that are our thoughts.

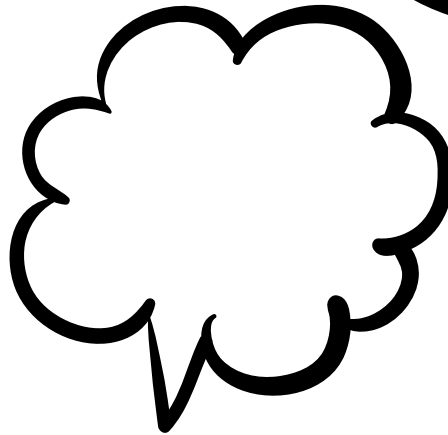
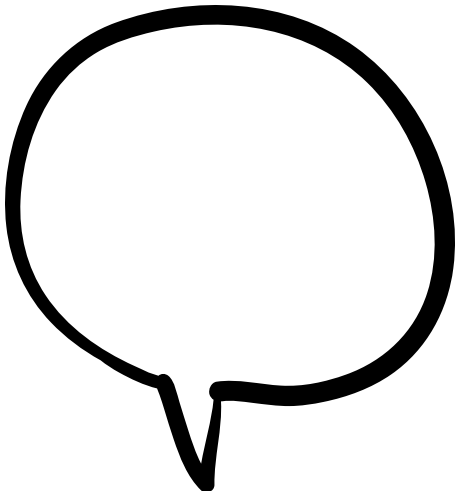
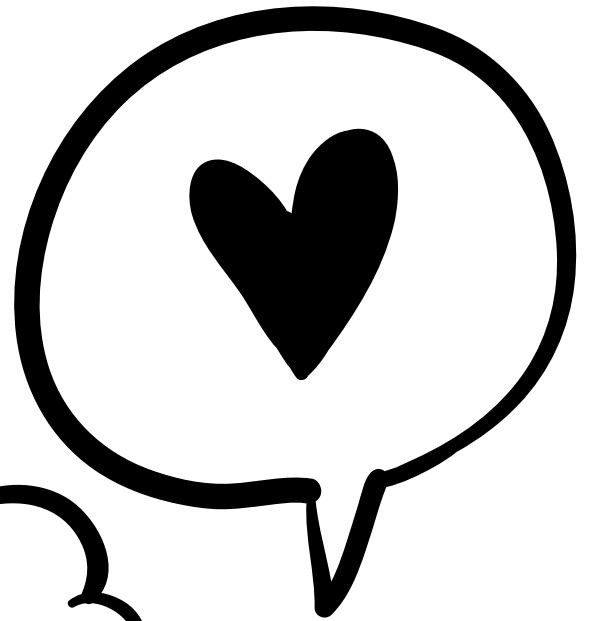
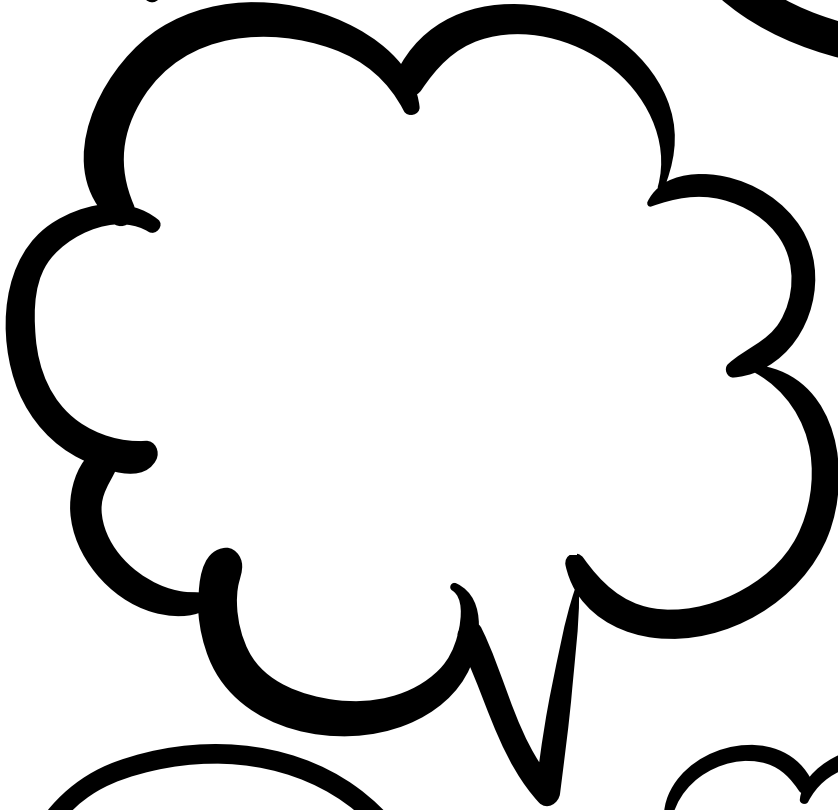
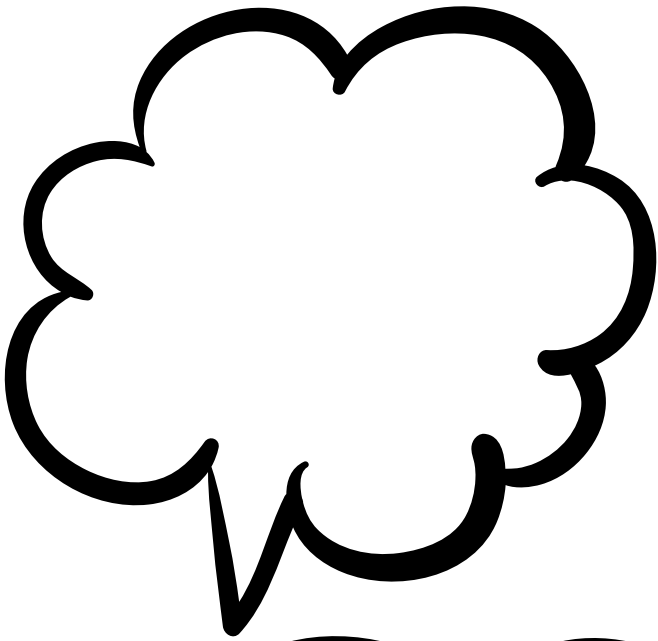
Feelings can vary in intensity. Sometimes we hardly feel a feeling as it visits, other times our feelings can feel very intense!

We experience feelings as thoughts and physical sensations.

Having feelings is totally normal!!!!

We feel emotions whether we want to or not.

Did you know...



How many feelings can you name?

find that feeling

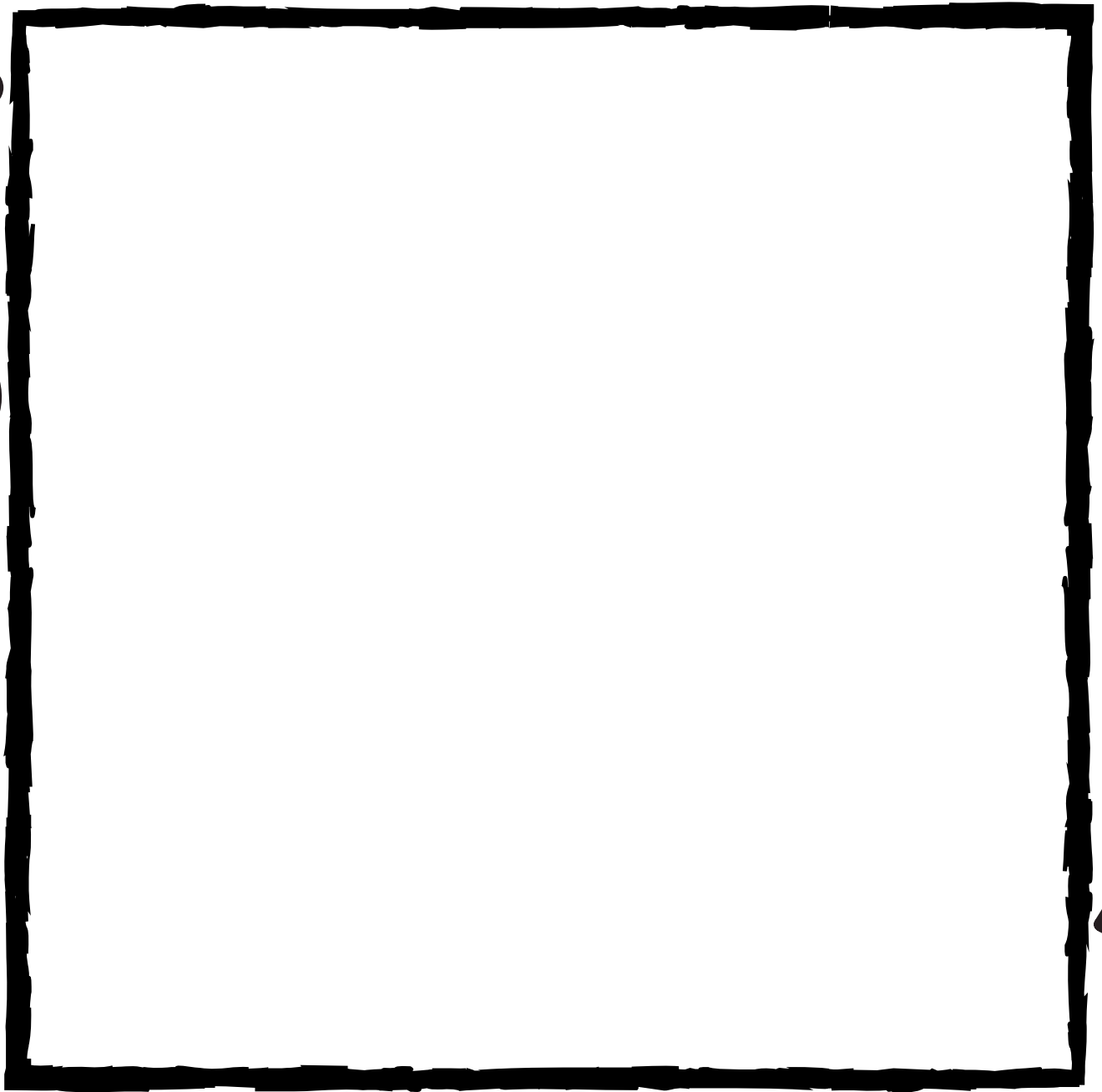
Can you find all the feelings in the word search below?

C Y S A D C O N F U S E D U S S S G
O N Q E C V M E H S Y I E J I J O S
N W O R R I E D X F U P R O U D R H
G L U M H A P P Y C G R C F Q X R O
J P E A C E F U L B I R P D Y T Y C
E L H O P E F U L G N T A R H C M K
A O S B R A V E D B T S E T I F A E
L N E M B A R R A S S E D D E S D D
O E A I F F R U S T R A T E D F E Y
U L G D T V B Q G U I L T Y J E U D
S Y E I H K T H A N K F U L G I U L
R D C P C O N T E N T S C A R E D M

- BRAVE
- CONFUSED
- CONTENT
- EMBARRASSED
- EXCITED
- FRUSTRATED
- GLUM
- GRATEFUL
- GUILTY
- HAPPY
- HOPEFUL
- JEALOUS
- LONELY
- MAD
- PEACEFUL
- PROUD
- SAD
- SCARED
- SHOCKED
- SORRY
- SURPRISED
- THANKFUL
- WORRIED

how do you feel?

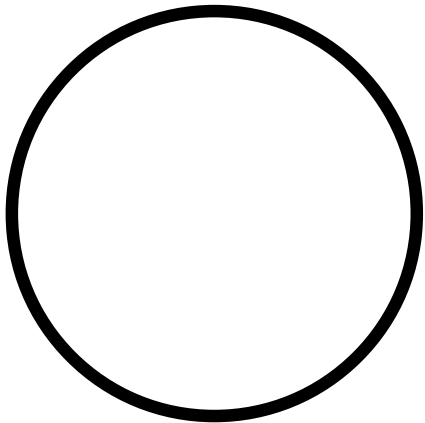
Draw a picture of how you are feeling today.



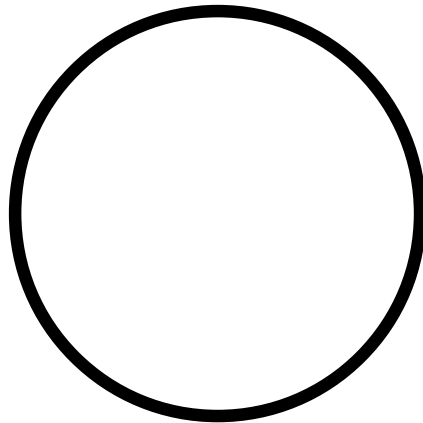
what does it look like?

Create a scribble for each of the feelings below.

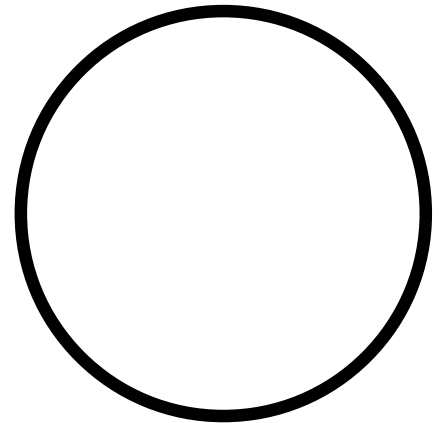
Use as many colours as you would like.



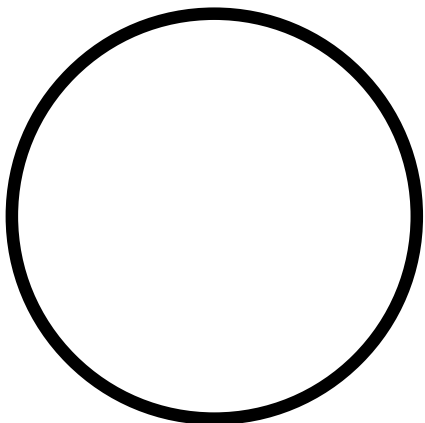
Happy



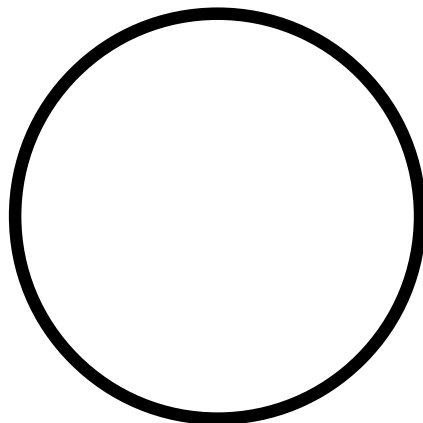
Sad



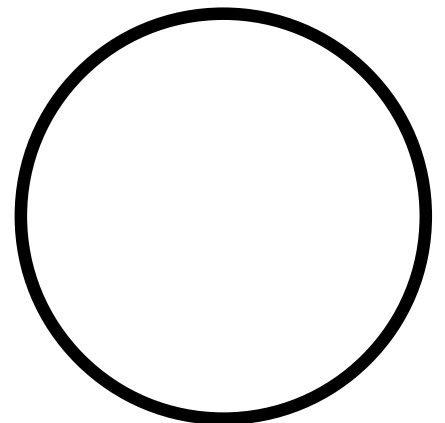
Scared



Mad



Excited



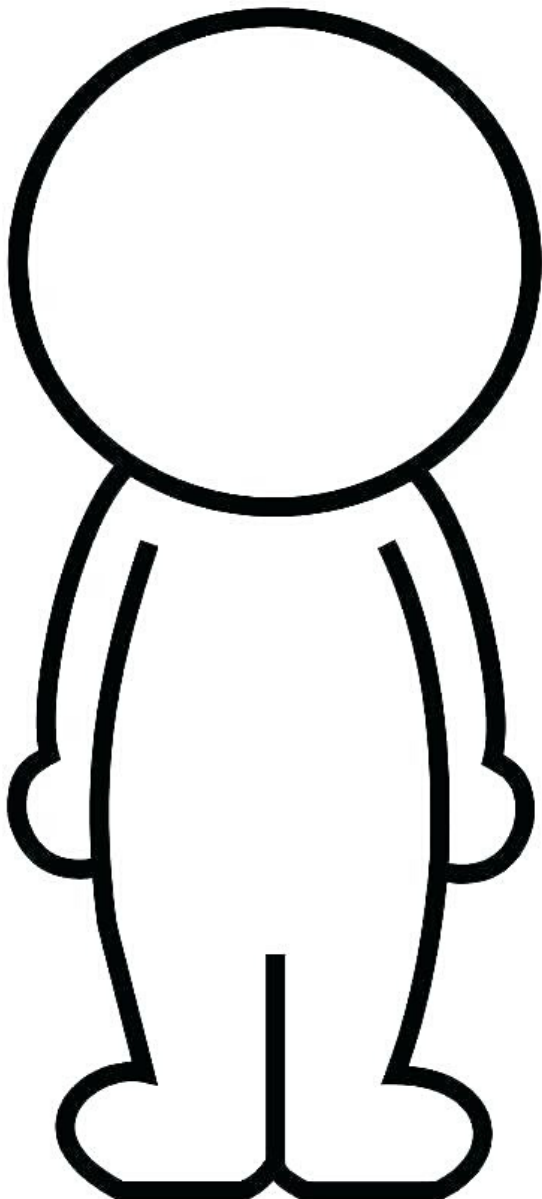
Loved



what does it feel like?

Did you know that our emotions are felt both in our bodies and our minds? Think about how your stomach might feel when you are nervous or how your heart races when you are angry or excited. Taking the time to check where we feel our emotions in our bodies is a great way to understand and recognize what feelings we are experiencing.

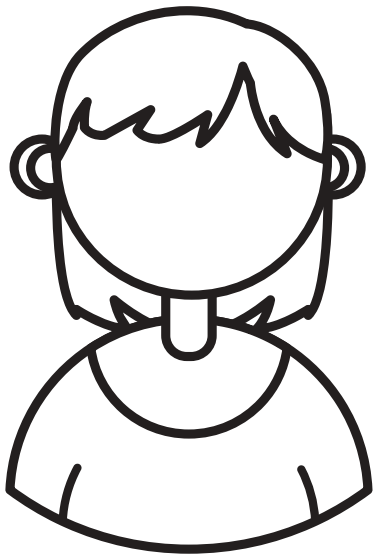
Pick a colour for each emotion below and colour where you feel it in your body.



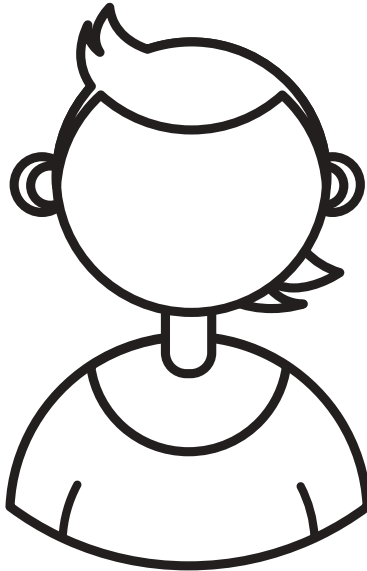
- Scared
- Happy
- Loved
- Sad
- Excited
- Mad
- Worried
- Proud

make a face

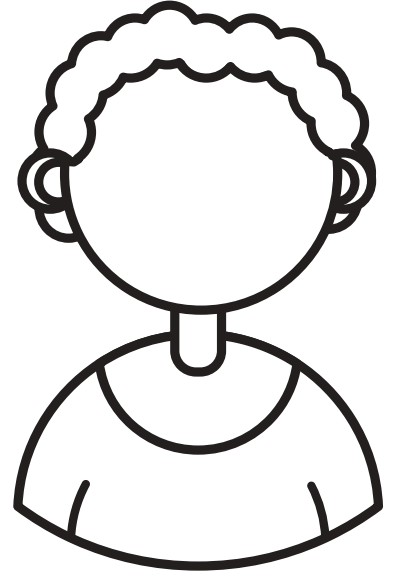
What do you think each of these feelings looks like?



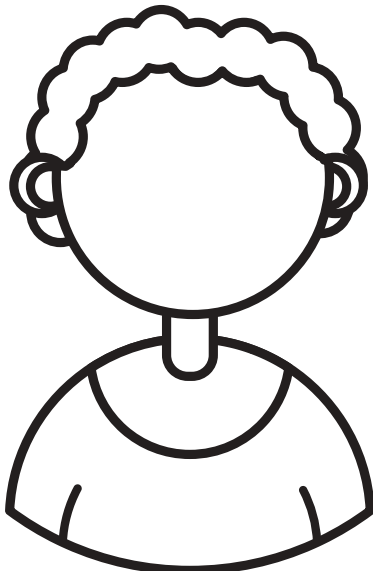
Happy



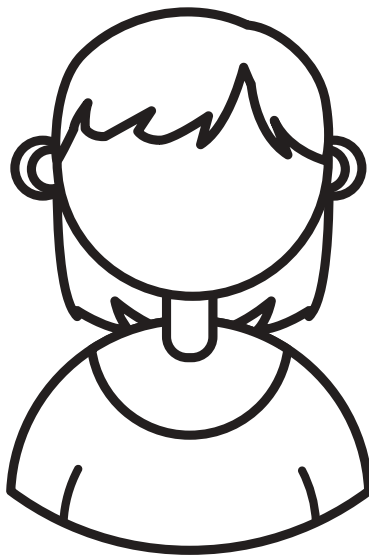
Sad



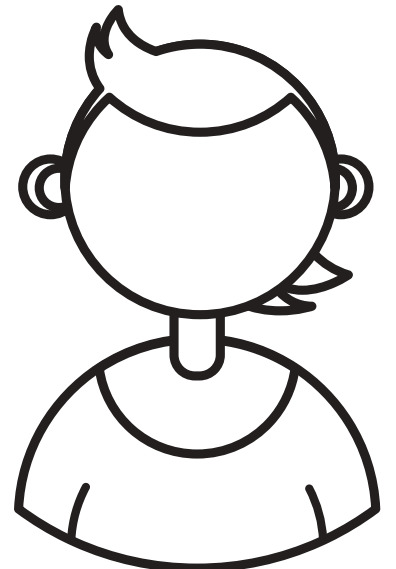
Scared



Mad



Excited



Loved



when feelings come to visit

Write or draw your answer.

I feel sad when...

I feel excited when...

I feel frustrated when...

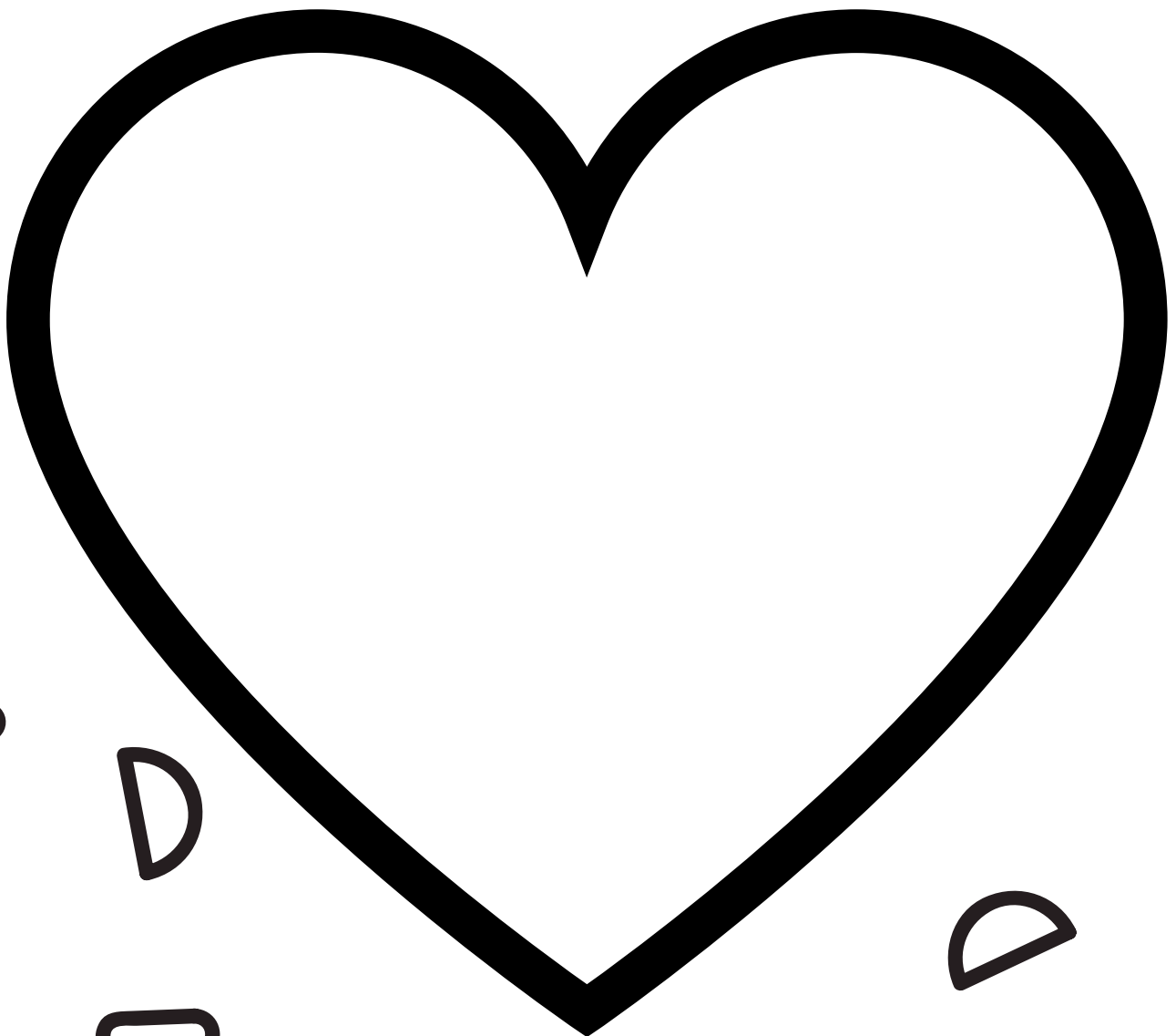
I feel happy when...

I feel bored when...

feelings in your heart

Did you know that we can have more than one feeling at a time? You might be nervous for a quiz, happy to see your friends and sad that your parent is away for work.

Naming all the feelings we have can help us make sense of them. Fill the heart below with all the feelings you have.

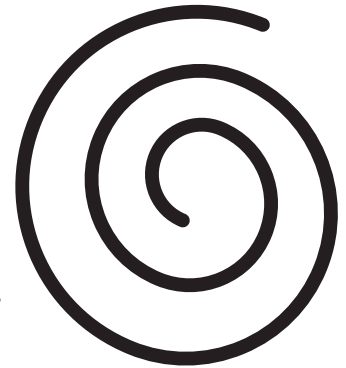


BIG feelings

When big feelings come to visit try these three things.

1. Breathe.

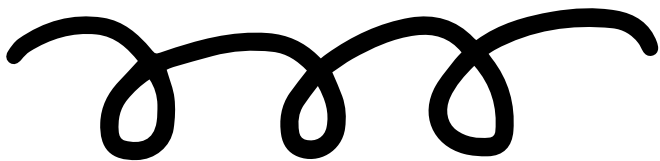
Trace a spiral on your hand as you breathe in and breathe out. Keep going until you feel your body and thoughts start to calm.



Scribble.

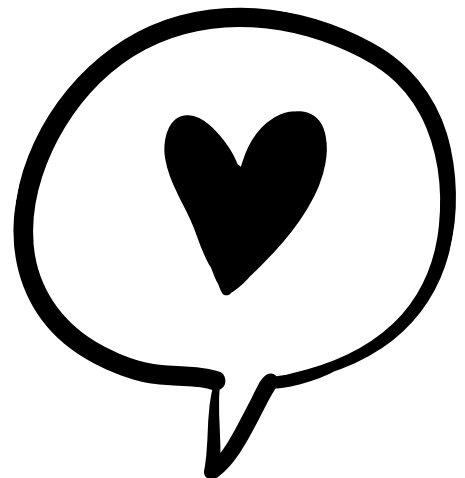
On a piece of paper scribble out your feelings.

2.



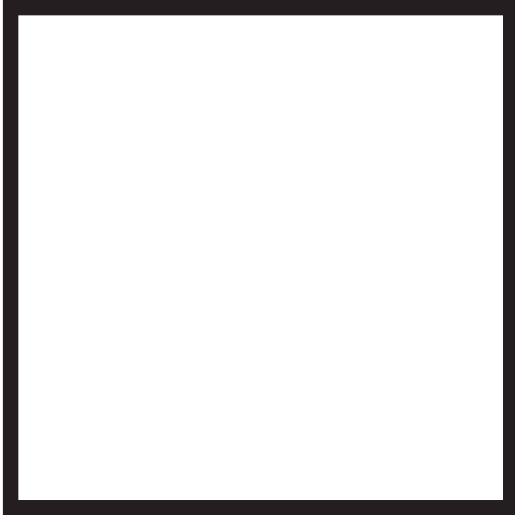
3. Talk.

Find a trusted friend or family member you can talk it out with.

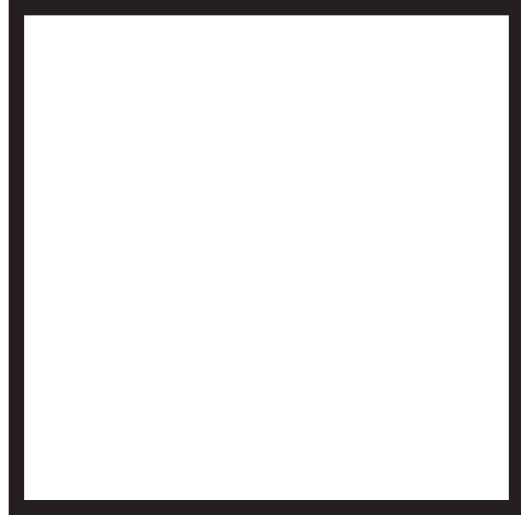


what helps

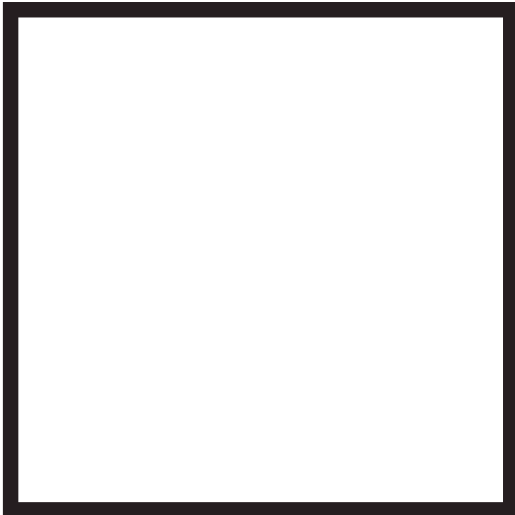
Draw or write what helps you when these feelings
come to visit.



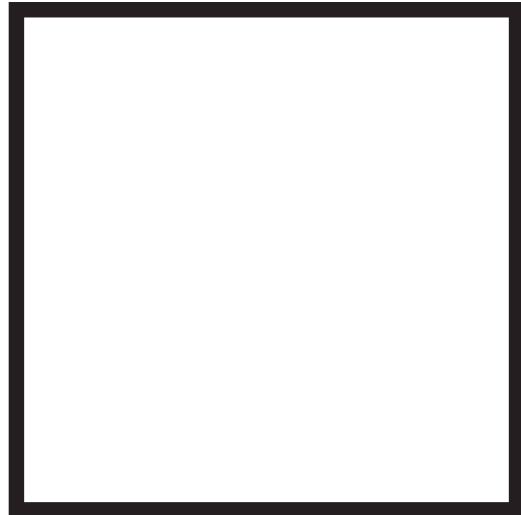
sad



worried



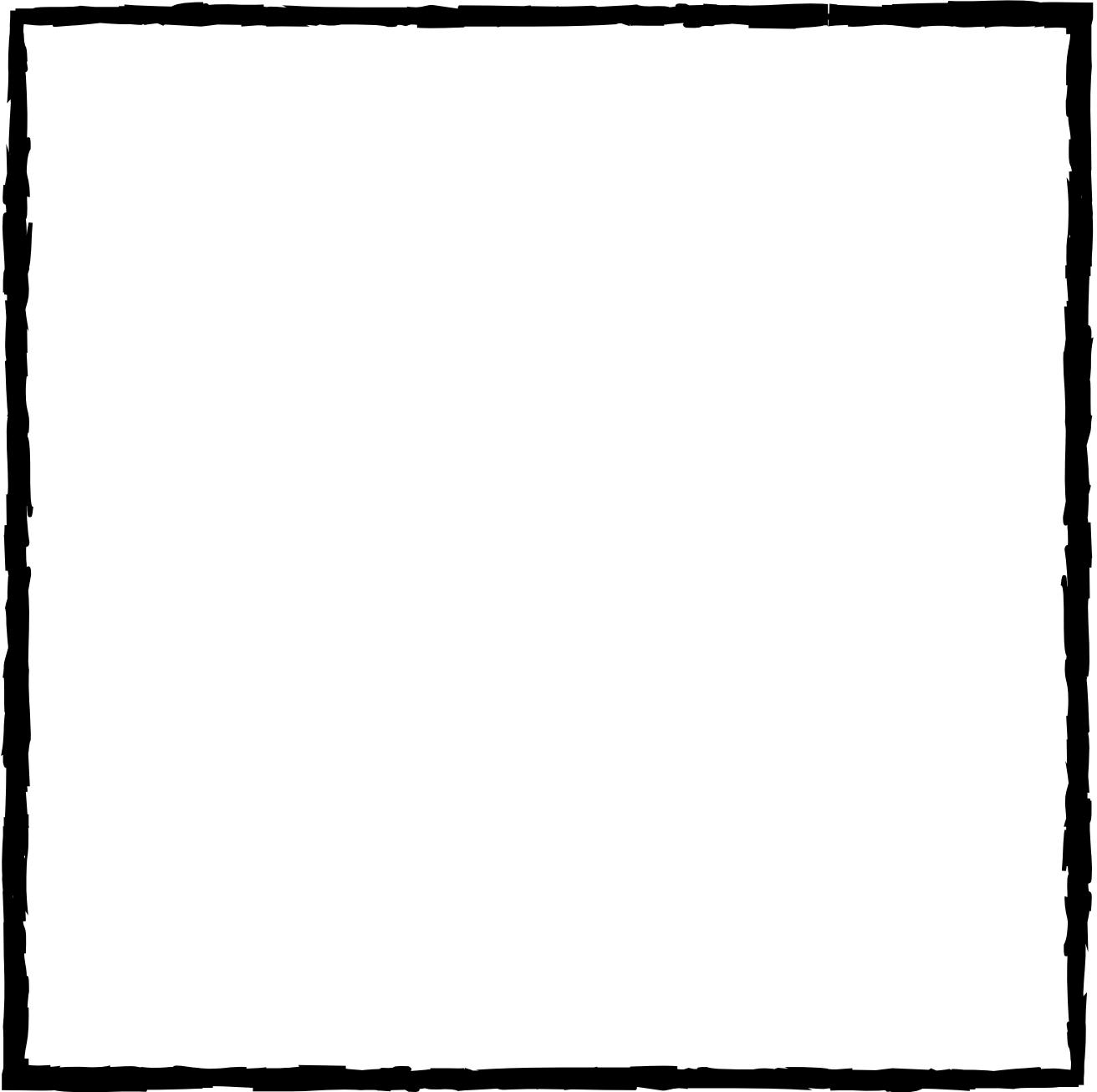
mad



scared

let's talk

Talking about our feelings is one of the best ways to help big feelings not feel so big! Draw a picture of you talking to someone about your feelings. Who would that person be?





match it

Match each emotion to a situation.

sad

No matter how hard he tries,
Juan can't solve the math
problem on his homework.

worried

Lena's Grandma made her
favourite cookies.

frustrated

Tommy's pet hamster passed
away.

grateful

Amaya's older brother gets to
stay up later and play video
games when she has to go to bed.

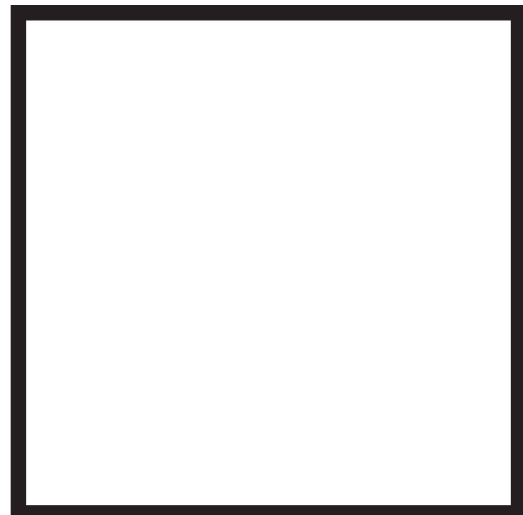
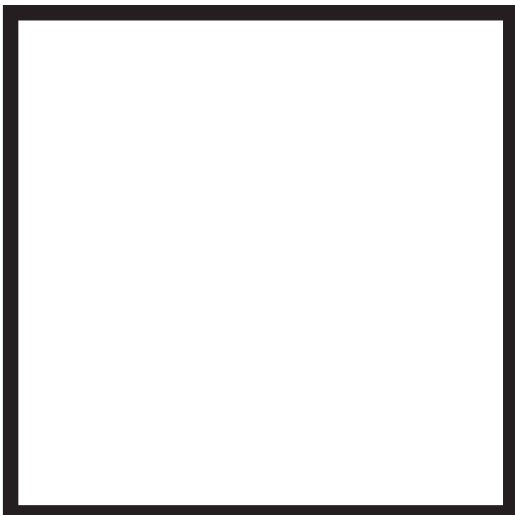
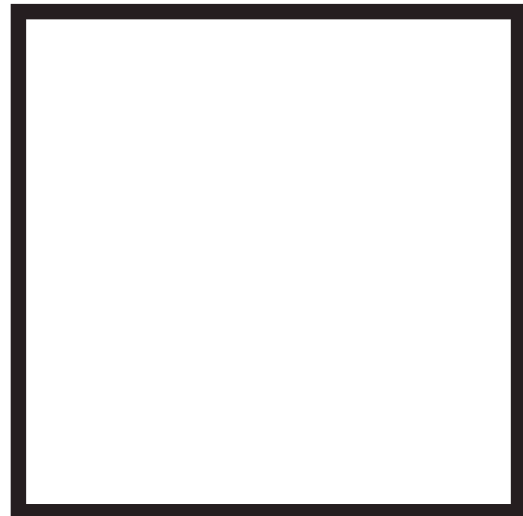
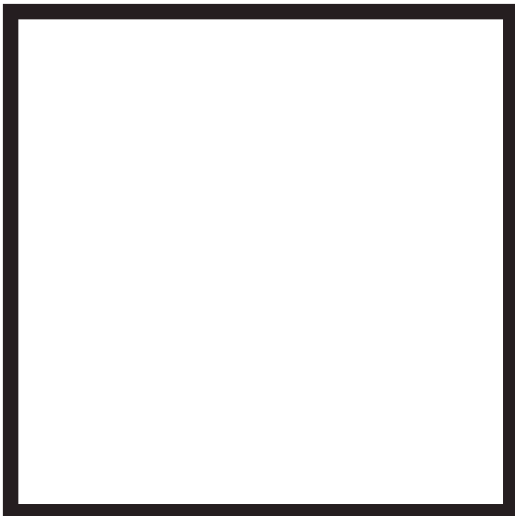
jealous

Monica has a test tomorrow and
she hasn't studied enough.

gratitude

Gratitude is all about recognizing the good things in our life. When someone offers you a lovely present you'll feel grateful for the gift. We can also feel grateful for everyday things like having a warm meal and a safe place to sleep at night.

Draw or write four things that you are grateful for. Is it a loved one, the sun or the moon, or your silly family pet?



you're the expert

What advice would you give another kid who might be having a hard time with their feelings?



