

Name \_\_\_\_\_

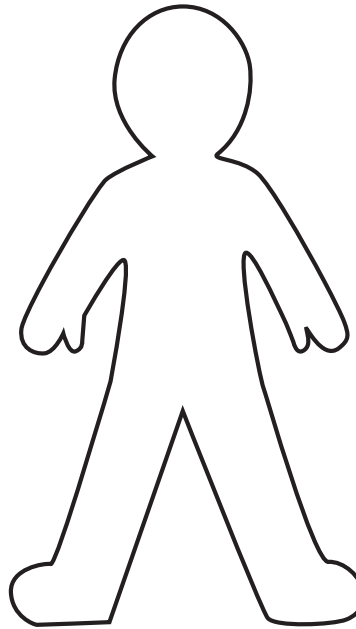
Date \_\_\_\_\_

## Emotions Body Map

**Instructions:** Using the emotions body map below, use different colors to signal each of the different emotions, then show where you feel these emotions in your body using those same colors. For example, "Happiness" could be yellow. If you feel happiness in your feet, then you would color your feet yellow.

After you complete your emotions body map, complete each sentence below by stating where you feel certain emotions in your body.

*Example: When I feel anger, I can label it by saying in my mind, "I feel anger in my chest and it is red."*



### Emotions Key

- Anger
- Happiness
- Boredom
- Love
- Loneliness
- Gratitude
- Sadness

### Emotions Body Map

When I feel anger, I can label it by saying in my mind, \_\_\_\_\_

When I feel happy, I can label it by saying in my mind, \_\_\_\_\_

When I feel bored, I can label it by saying in my mind, \_\_\_\_\_

When I feel love, I can label it by saying in my mind, \_\_\_\_\_