

Name _____

Date _____

Mindfulness of Emotions Book

Directions: Create a book about mindfulness of emotions by answering the questions and responding to the prompts below. Cut out each page and staple them together to create your book. Remember to use these techniques when you feel strong emotions.

Title

Your Name

Cover Page

What are emotions?

List all of the emotions you can think of below, use different colors and word art.

Name _____

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Mindfulness of Emotions Book

Draw a picture of emotions you feel in your body sometimes.

Write about and draw a mindfulness of emotions technique.

2

3

Name _____

Date _____

Mindfulness of Emotions Book

Write about and draw another mindfulness of emotions technique.

4

Draw a picture of yourself using a calm down jar and practicing mindfulness of emotions.

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