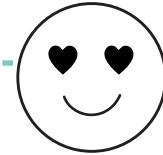
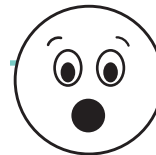


'Mindfulness of Emotions' Class Book

Today we are creating a classroom book on mindfulness of emotions. You will design one page for the class book using the template below.

Directions:

1. Review the list of emotions and choose the one you would like to draw and write about on your page.

Fear**Anger****Sadness****Joy****Disgust****Happy****Trust****Anticipation****Surprise****Anxious****Calm****Worried****Loving****Peaceful****Safe**

Emotion Chosen: _____

2. On the next page, draw a picture that depicts the emotion.
3. Make sure to include the emotion/ word somewhere on your page.
4. Write about one tool that may be used to bring mindfulness to the emotion (breathing, pausing, labeling emotion, bringing kind attention to the emotion).
5. Include a picture of a person using this tool on your page.

Name _____

Date _____

'Mindfulness of Emotions' Class Book

Emotion:

Tool to bring mindfulness to emotion:
