




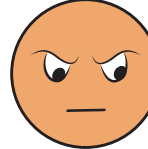


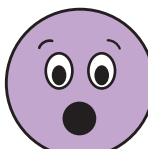





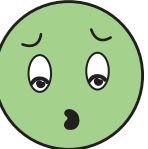



Name _____

Date _____

Range of Emotions

1. Color!

Review the range of emotions below.

Green Take Care of Yourself or Talk to a Caring, Safe Adult	Blue Go	Purple Slow Down	Orange Stop
 Sad	 Happy	 Nervous	 Angry
 Upset	 Excited	 Surprised	 Screaming
 Hurt	 Calm	 Confused	 Ready to Fight
 Tired	 Proud	 Silly	 Furious

Name _____




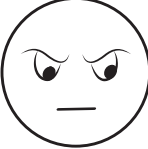












Date _____

Range of Emotions

2. Match!

Match each face with the section in the range of emotions below.



Green Take Care of Yourself or Talk to a Caring, Safe Adult	Blue Go	Purple Slow Down	Orange Stop
 Sad	 Happy	 Nervous	 Angry
 Upset	 Excited	 Surprised	 Screaming
 Hurt	 Calm	 Confused	 Ready to Fight
 Tired	 Proud	 Silly	 Furious

3. Circle!

How do you feel right now? Circle the face above that describes how you feel in this moment.