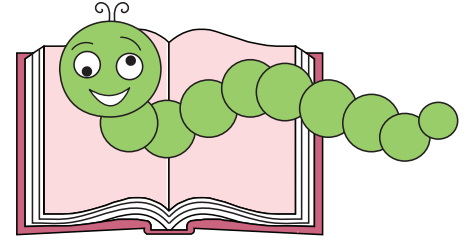


Name _____

Date _____

Silly Stories: Mindfulness of Emotions



Directions: Ask your child to share their answer to the prompts below the lines to fill in the story. Don't let them see what they are filling in until you are done, and then read aloud the Silly Story to them.

Emotions are like _____ .
Type of weather

They come and go like _____ .
Something in nature that changes

Emotions are changing like _____ .
Something in nature that changes

They come and go like _____ .
Something in nature (plural)

Emotions are moving through like _____ .
Type of weather

They come and go like _____ .
Something in nature that changes

Emotions can be felt in _____ .
Body part

Noticing what you feel and _____ can create calm.
Activity you do with your body