

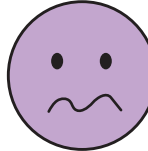
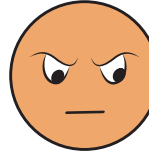


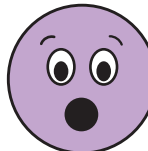



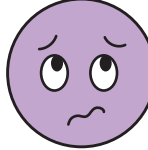



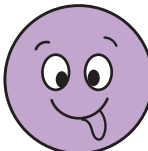



# Range of Emotions

## 1. Color!

Review the range of emotions below.

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

Name \_\_\_\_\_




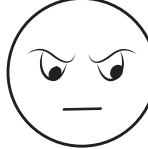












Date \_\_\_\_\_

# Range of Emotions

## 2. Match!

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



<b>Green</b> Take Care of Yourself or Talk to a Caring, Safe Adult	<b>Blue</b> Go	<b>Purple</b> Slow Down	<b>Orange</b> 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.