

# MY JAR OF FEELINGS

Sometimes you have lots of feelings all at one time - and that's okay! It's important to identify all of your feelings so you know what to do about them. Using markers or crayons, fill in the jar with how much of each feeling you are having.

RED = ANGRY

ORANGE = NERVOUS

YELLOW = HAPPY

GREEN = EXCITED

BLUE = SAD

PURPLE = SCARED

PINK = HOPEFUL

GRAY = SURPRISED

BLACK = \_\_\_\_\_

BROWN = \_\_\_\_\_

ADD ANY ADDITIONAL FEELINGS IN THE EMPTY SPACES

