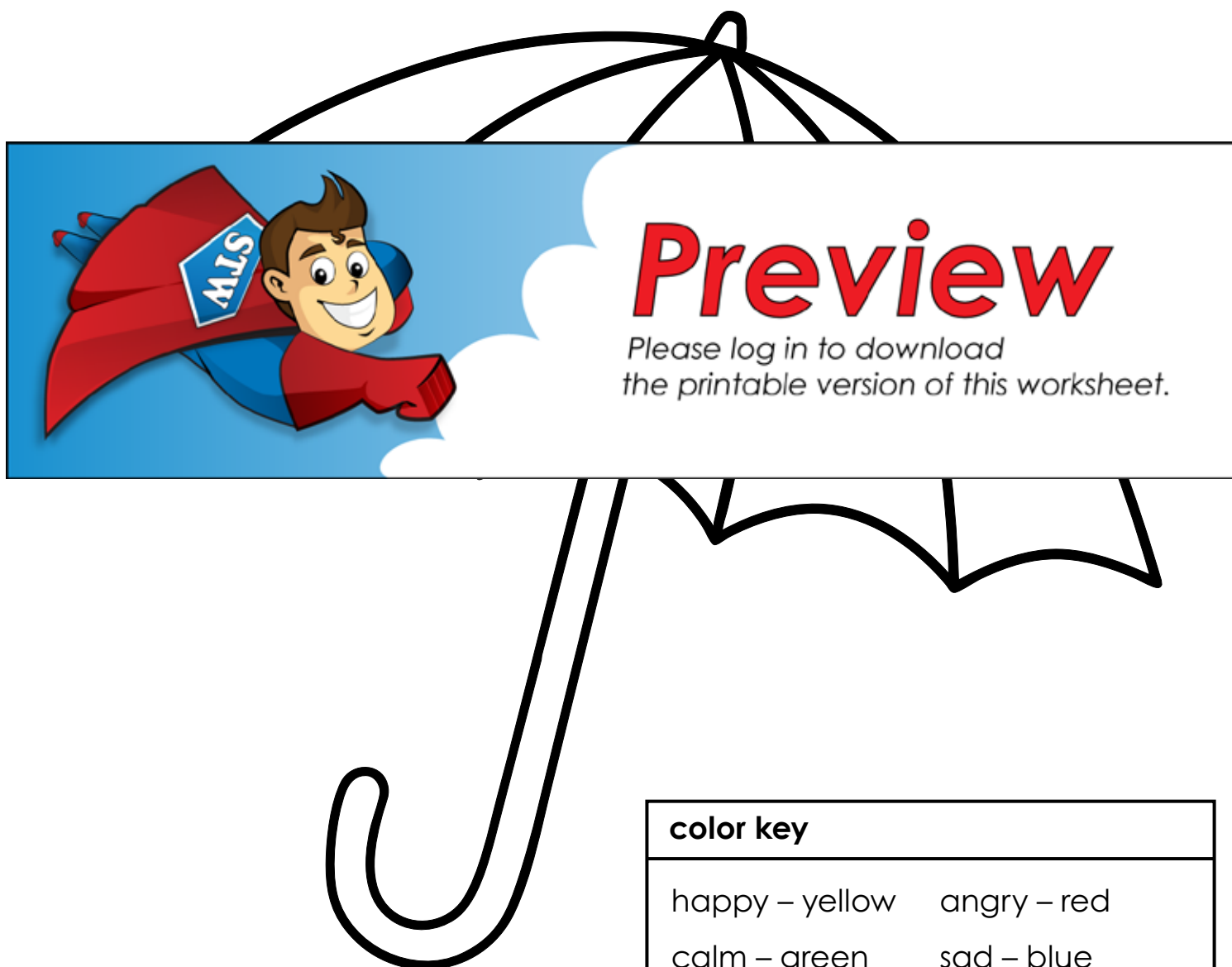


Name: _____

Feelings Umbrella

Let's check in with our feelings. It is important that we learn how to identify how we are feeling so we can communicate it with others.

Take a moment to think about how you are feeling today. Using the color key, color in the umbrella using the colors that match your emotions. Your umbrella might have just one color, or it could have many!



color key

happy – yellow	angry – red
calm – green	sad – blue
excited – pink	nervous – purple