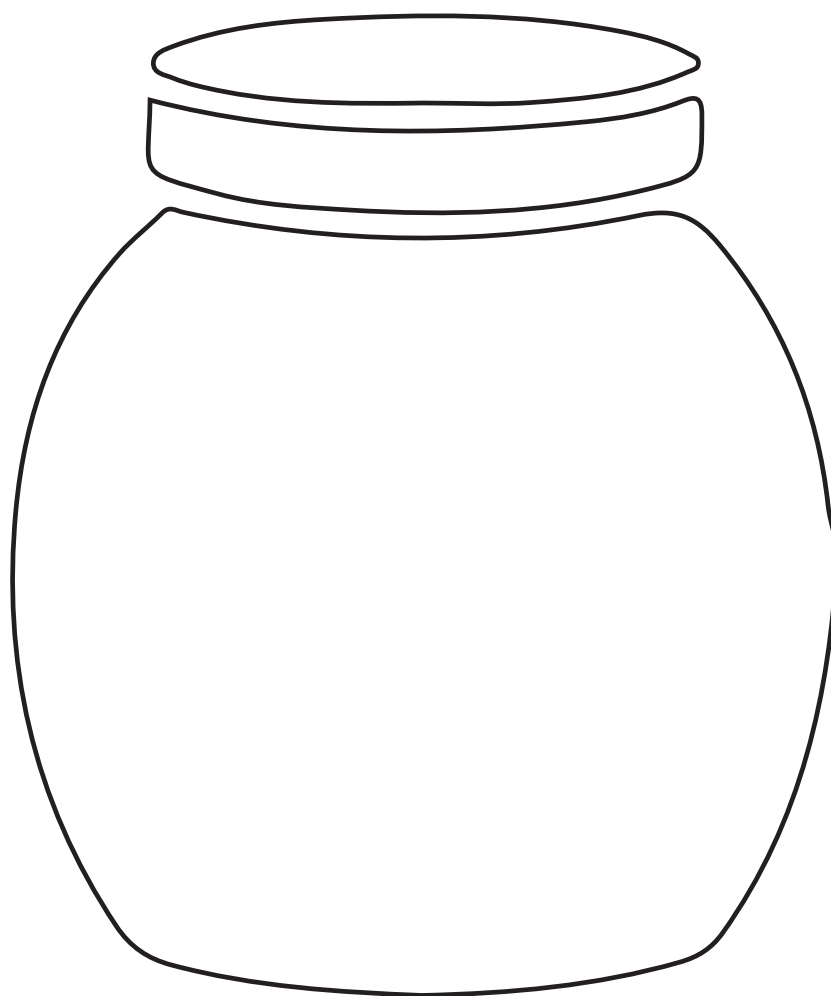




My Feelings Jar

Being mindful about our feelings can help us work through them. Draw or colour your feelings in this jar.



ANGRY = RED

HAPPY = YELLOW

SAD = BLUE

NERVOUS = PURPLE

EXCITED = GREEN

CALM = ORANGE

Scan here for more free activity sheets and to get hold of your copy of Craig the Crayon leaves a mark.

