

Emotional Detective



What is Self-Awareness?

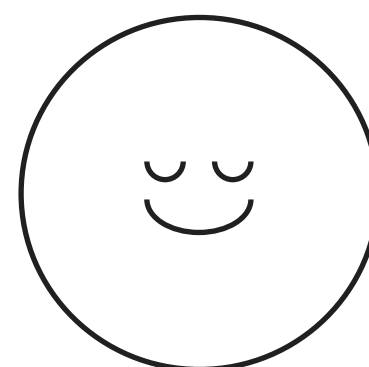
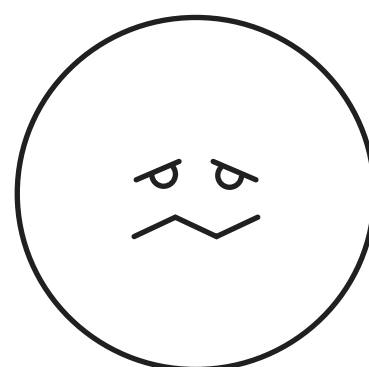
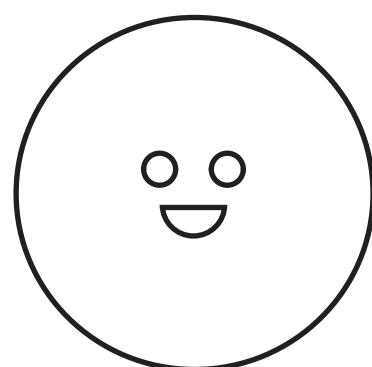
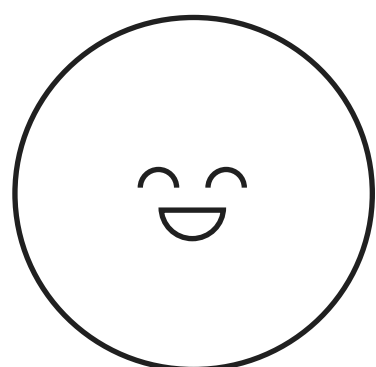
It means noticing how you feel and understanding why you feel that way.

Self-Awareness

K-1st grade



Draw a line to match the feeling with the face:



Happy

Sad

Angry

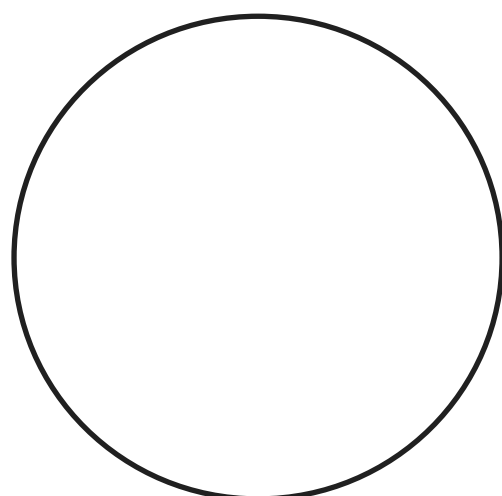
Scared

Excited

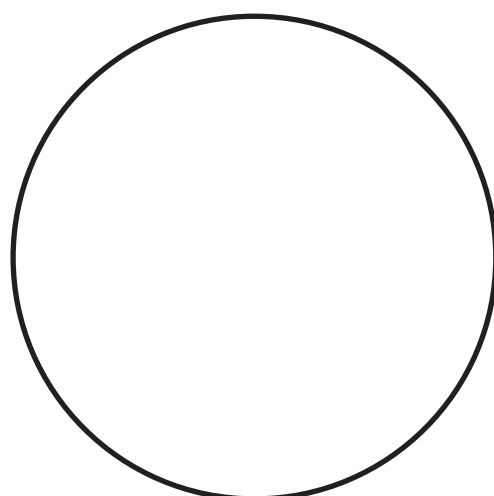
Calm



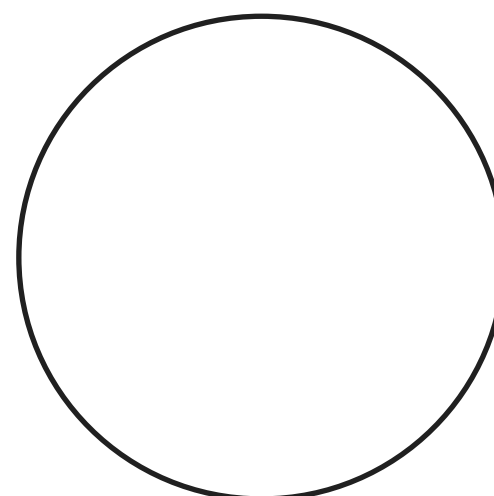
Draw how YOUR face looks when you feel:



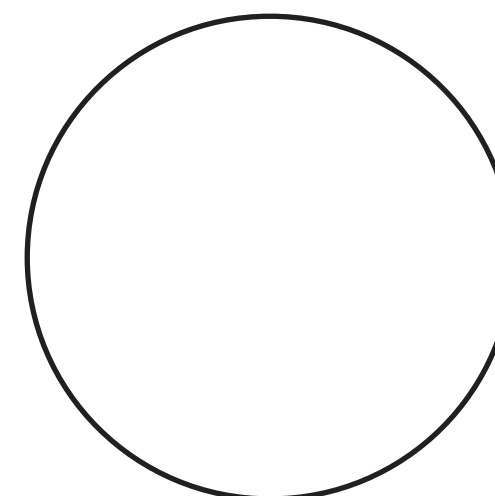
Happy



Sad



Angry

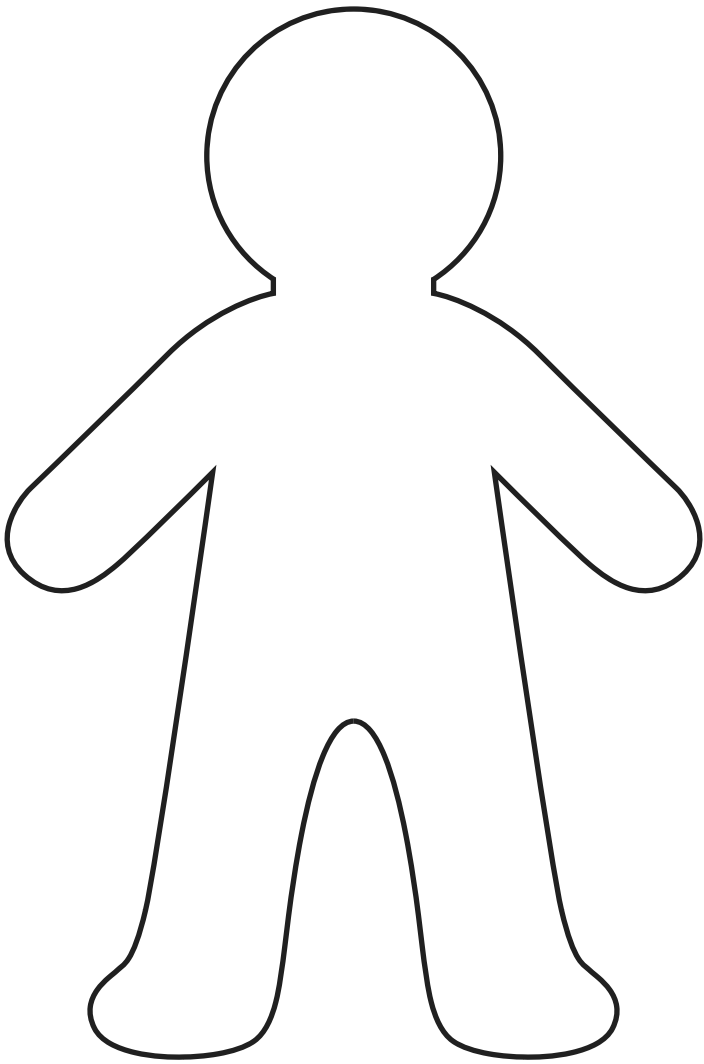


Scared



Color the places on your body where you feel these emotions:


- Color where you feel **HAPPY** in yellow
- Color where you feel **ANGRY** in red
- Color where you feel **SCARED** in purple
- Color where you feel **CALM** in blue



Draw a picture of something that makes you feel:


Happy

Sad

 Draw a picture of a time your feelings changed from sad to happy:

First I felt sad when:

Then I felt happy when:

 Cut out your own Emotion Detective Badge!



Front



Back

I am an Emotion Detective because I can: _____
