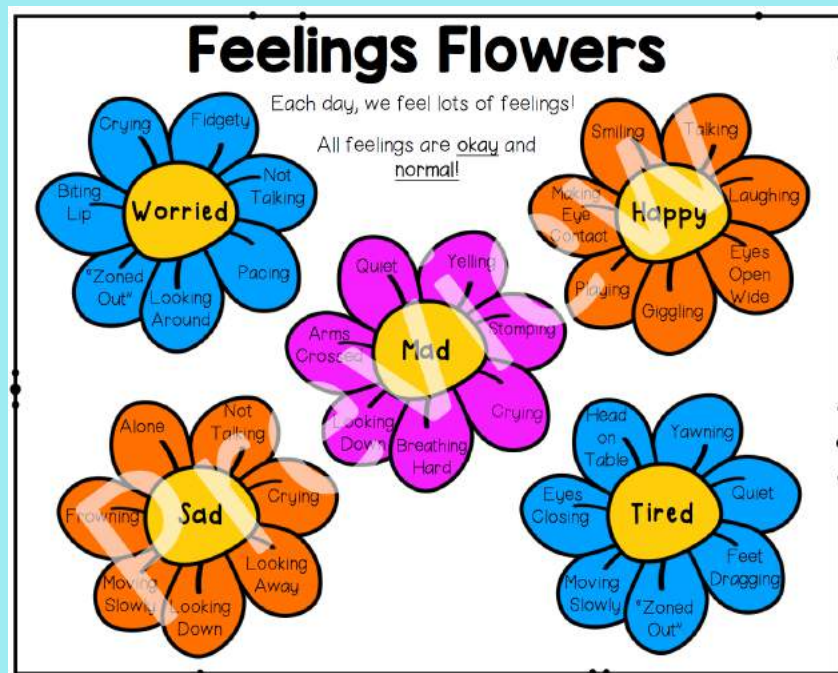


Use these feelings worksheets and activities to help your students recognize, cope with, and monitor various feelings!



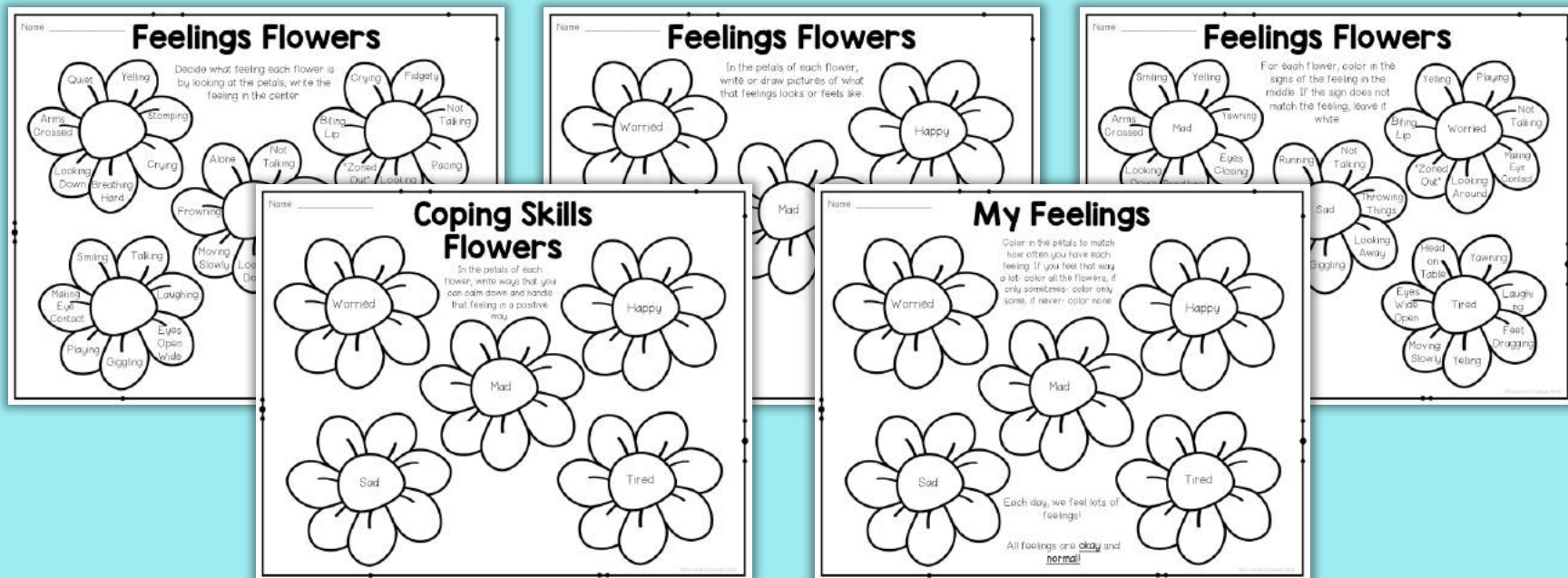
This resource is perfect for:

- Feelings/Emotions lessons and small groups
- Students who could benefit from identifying feelings in themselves and others.
- Students who could benefit from developing healthy coping skills
- Students with Autism or ADHD
- To add spring fun to your lessons!

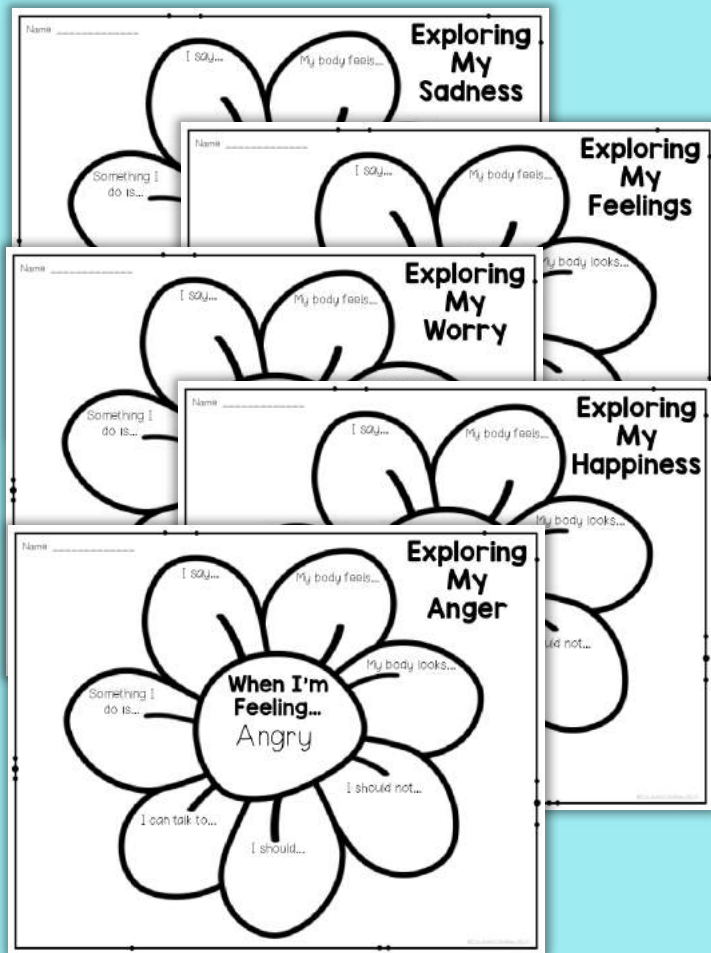
Keep scrolling to read more about what's included.

5 “Feelings Flowers” Worksheets

Students can use these worksheets to recognize feelings, identify positive coping skills, and monitor how often they experience each feeling.



6 “Exploring My Feelings” Worksheets



Students can use these worksheets to explore how they experience various feelings, and how they can cope with them.

Includes worksheets for sadness, worry, anger, and happiness.

There is also one blank worksheet to help students explore other emotions.

2 “Feelings Flowers” Foldable Activities



Students will construct two foldable activities to help them recognize their feelings and be able to cope with them.

Under each feeling flap, students will respond to the prompts.

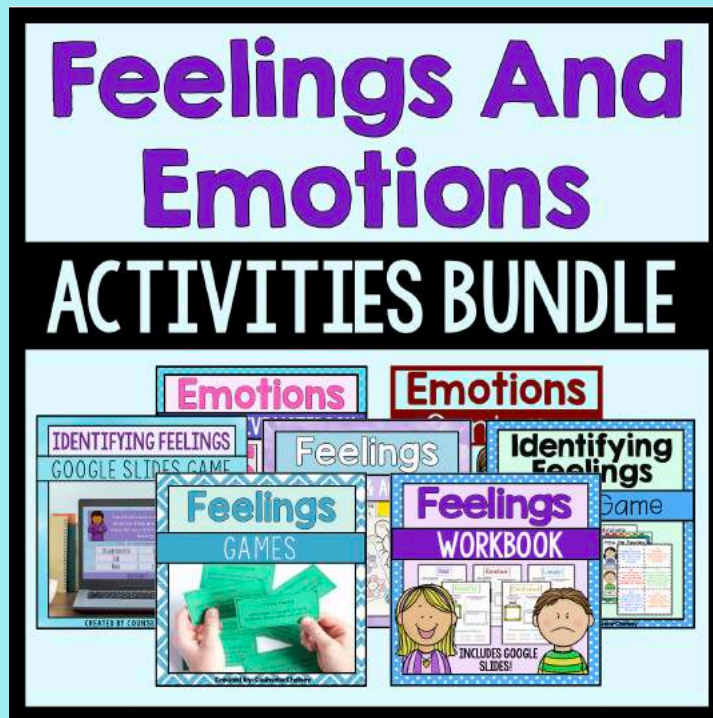
What People Are Saying...

“Sparked really good conversation and students really loved the activity.”

“My students enjoyed doing these activities. I used them as a whole group but can be used for independent work.” –Alicia R.

“This was great for my students. I feel like we expect kids to know the body language of certain emotions but they don't always and this was a great tool to have those discussions.”

Want More Feelings Resources? Bundle & Save!



These activities are included in a bundle of 7 resources that will help your students learn to identify feelings and emotions in themselves and others, and manage them in a healthy way.

See the bundle here!