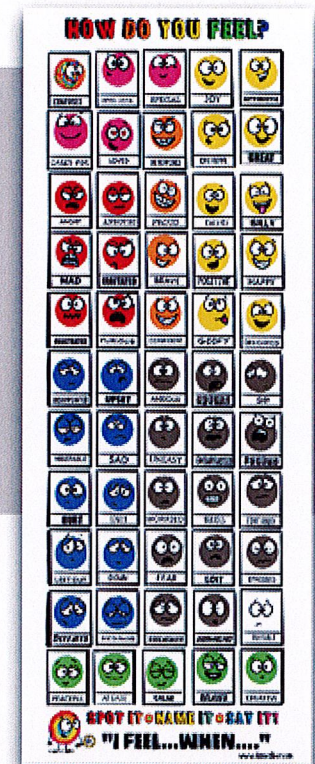


SCRIBBLE/FEELINGS

When our feelings get all tangled inside, it can make us feel uncertain or confused. When this happens, it can result in BIG EMOTIONS getting out of control easily. Identifying how we are feeling is the first step in applying the appropriate coping and management strategy. Our goal is to learn how to turn out scribble spot into a managed feelings rainbow.



Try this:

When possible, try and do a “Feeling Check-in”. Have your child point to the emotion they are feeling. You can use the chart below or a larger option is available at the end of this guide.

Blue	Green	Yellow	Red	Gray	Orange	Pink
Sad Tired Upset Bored	Peaceful Calm Focused Ready to learn	Happy Silly Goofy Excited	Angry Frustrated Mad Out of Control	Anxious Worried Afraid Overwhelmed	Confident Proud Brave Prepared	Loved Cared for Appreciated Valued