Draw Your Emotions
Understanding You and Your Emotions

Developed By:
HOPE 4 HURTING KIDS

http://Hope4HurtingKids.com
Use the template above to draw how your body feels when you are experiencing this emotion. What part of your body do you feel the emotion in? What does it feel like? What color is it? Where else do you feel this emotion?
Draw Your Emotions

ANGRY

Use the template above to draw how your body feels when you are experiencing this emotion. What part of your body do you feel the emotion in? What does it feel like? What color is it? Where else do you feel this emotion?
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CALM

Use the template above to draw how your body feels when you are experiencing this emotion. What part of your body do you feel the emotion in? What does it feel like? What color is it? Where else do you feel this emotion?

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CONFUSED

Use the template above to draw how your body feels when you are experiencing this emotion. What part of your body do you feel the emotion in? What does it feel like? What color is it? Where else do you feel this emotion?

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DISGUSTED

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GUILTY

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IMPATIENT

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PROUD

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SURPRISED

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