



Emotions Key



Happy	<input type="checkbox"/>	Proud	<input type="checkbox"/>	Pleased	<input type="checkbox"/>	Excited	<input type="checkbox"/>
Anxious	<input type="checkbox"/>	Angry	<input type="checkbox"/>	Sad	<input type="checkbox"/>	Lonely	<input type="checkbox"/>
						Fearful	<input type="checkbox"/>

Switch on your emotion with this emotional monitoring tool

Firstly you need to look at the emotions key and decide what colour you're going to choose for each feeling.

Colour in each square neatly in the colours you have chosen for each emotion.

Next step I have given each of you a cat picture to colour in, using the emotional colours you have chosen, use patterns, shapes and doodles etc.

Use more of the colours for the emotions you feel most and less of the colours for the emotions you feel less.

Finally you will see the result of how you have been feeling in the last week.

But most of all **Have Fun!**

Then after a few weeks do it again and compare the differences