

WHAT ARE FEELINGS?

Feelings are like colours that dance inside us. Sometimes, we feel as bright as the yellow sun, and other times we feel as quiet as a blue, rainy cloud. Every feeling is special because each one helps us understand what's happening inside.

GLOWING BUBBLES

Close your eyes and picture soft, glowing bubbles gently floating around you. Each bubble is a different colour, and each colour represents a different feeling.

CREATE YOUR FEELING BUBBLES

On this page, draw or write about your colourful bubbles. Which feelings are you excited to share? Which ones would you like to keep floating with you for a little while longer?

COLOUR IT

Choose a colour that feels just like your day today. Fill in your bubbles with colours that match your feelings right now.

BRAVE BEAR'S FEELING BUBBLES

Picture a friendly bear who has his own set of colourful feeling bubbles. Draw or write about his adventure. What do his feeling bubbles look like? How do these bubbles make him feel?

WORDS ARE LIKE SUNSHINE

Your words are like warm sunshine! When you have big feelings, it might feel like a little cloud is above you. But when you share your heart's words, the cloud disappears! Imagine putting your feelings into glowing bubbles until you're ready to talk. Take your time. When you share, you light up the world!

