

Heart template

Colour in your feelings. Give each feeling a colour and think about how you are feeling. There are probably a whole mix of emotions. Colour in the different hearts. Big hearts for big feelings and small hearts for small feelings. Use this heart for a whole day and see how your feelings change throughout the day. You can also use this heart for a whole week and just colour in a few hearts each day.



Emotion	Colour	Emotion	Colour	Emotion (add some of your own if you want to)	Colour
Happy		Confused			
Sad		Depressed			
Angry		Calm			
Scared		Surprised			
Worried		Shocked			

You don't have to use all of these emotions, just the ones you are feeling